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BY

T. R. ALLINSON,

Licentiate of the Royal College of Surgeons,  
Edinboro'; Ex-Licentiate of the  
Royal College of Physicians,  
Edinburgh; etc.;

AUTHOR OF

'Medical Essays,' 5 vols.

'Hygienic Medicine,'

'Lung Complaints,'

'Diet & Digestion,'

'Rheumatism,'

&c., &c.,

&c.



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TANTS, AND SERVANTS, THE  
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SIMPLE AND SCARLET FEVER, MEASLES,  
WHOOPIING COUGH, LEANNESS, OBESITY,  
HYPOCHONDRIA, DIARRHŒA, TUMOURS, &C.

Published for the Author, T. R. ALLINSON,  
4 Spanish Place, Manchester Square, London, W.



# A SYSTEM OF HYGIENIC MEDICINE.

THIS was the first book I wrote. After many observations and much study I felt forced to write it. I saw that the drug system of treatment was a mistake, I saw that not only were drugs useless, but positively dangerous. I even came to the conclusion that if a patient was left to nature he would run less risk than if treated with drugs. That was after five years of treating patients without drugs. Now, after more than twenty years of such non-drug treatment, I hold faster to the same belief. I have treated every disease that is found in this country, including myxoedema, small-pox, typhoid, influenza, pneumonia, meningitis, locomotor ataxia, psoriasis, lupus, rupia, appendicitis, gall stones, stone in the kidney and in the bladder, adenoids, tumours, necrosis of bone, tubercular disease of joints, wounds, epilepsy, apoplexy, peritonitis, cardiac diseases, phthisis or consumption, asthma, diphtheria, puerperal fever, septecæmia, gout, acute and chronic rheumatism, deafness, eye diseases, syphilis, and other venereal diseases, diabetes, Bright's disease, &c., &c., &c., and I find all these give way quicker to dietetic and hygienic means than they do to drugs. According to the Natural Cure system every dose of medicine is a dose of poison and injures the patient without curing him. I know that "salts" will purge, that ipecacuanha will make one vomit, that opium or morphia will send to sleep, but what I find is that none of these actions is curative. Cure belongs to the body, and if we put the system under proper conditions it will work its own cure. Even the surgeon is rarely needed. He brings together the ends of a broken bone, but it is the system that unites them. He may sew up torn or cut parts, but it is the system that makes them heal. Even if the surgeon did not interfere the system would patch up the parts and make them useful. A surgeon cuts out tumours, but never asks why they came, or are they injurious. This is a mistake; many growths are harmless, and put in certain spots for definite beneficial purposes, and their removal is followed by impaired health. Certainly, some few tumours, like malignant cancers, may be beneficially removed, but unless the habits of the sufferer are brought into conformity with natural laws the tumour will return, or some other complaint arise and kill the patient. I even object to the antiseptic treatment of wounds, for antiseptics poison the body and delay healing. I do not deny the value of clean surgery, but advocate cleanliness rather than poisonous drug germicides. In this book I sketch out the way in which Mankind has arisen; how man has adapted himself to his surroundings; and how he must return to natural conditions if he would be well. I do not believe in anyone being ill; I do not believe in death before eighty or ninety years of age, except from accident. My results during the last twenty years show me that my ideas are correct; I have more old folks under my care than any doctor in the kingdom; my oldest patient is over 103. All who want to know how to live to be well must read this book; natural laws are explained, and can be understood by all. The manuscript was "Everyone It is sent post free for



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Volume I of my Essays opens with a long article on the MANAGEMENT of INFANCY; every mother who desires to rear fine healthy children should read it. Another article treats on the TEETH and their proper management, and shows how to preserve them as long as possible. WHOLEMEAL BREAD and wholemeal bread-making form the subject of another article; in it will be found why wholemeal bread should be eaten and white bread banished from our tables. In the chapter on FRESH AIR are given the reasons why unventilated rooms are injurious. The value of DAILY EXERCISE is discussed in another article. BATHING forms the subject of another. The importance of LIGHT is dealt with in one chapter, and HOLIDAYS and how to spend them will be found worthy of perusal. Then we come to that part of the book treating of many diseases. First, we are shown that disease is not wrong action, but beneficial; the next chapter shows how all diseases arise from wrong conditions and that cure takes place when right rules are obeyed. The article on CONSTIPATION treats fully of this very common ailment. The chapter on BILIOUSNESS shows how this complaint arises and how it can be got rid of. The causes of ECZEMA are discussed in another article, and its cure shown to be easy when right foods are eaten. PIMPLES and Blackheads, which worry young folks, are fully dealt with. A chapter on NERVOUSNESS explains the cause of this complaint, and shows how it may be overcome. COUGHS, colds, and chest complaints form the subject of two chapters, and their origin is traced to its proper source. DEAFNESS is fully dealt with in one article, its varieties and causes explained, the treatment given for its cure, and the public warned against buying ear drums, and such useless appliances. VACCINATION is touched upon, showing that we are not bound to have small-pox, and that vaccination instead of preventing small-pox is often the cause of its outbreaks. Three chapters deal with the more Common Worms that infest human beings—viz., thread worms, long worms, and tape worms; they show how these pests find entrance to the bowels, describe the symptoms they cause, and give full instructions for getting rid of them. A chapter deals with SCABIES or the ITCH, a complaint not so uncommon as some people think, defying all treatment but sulphur ointment properly applied. The article on TOBACCO should be read by all users of the weed, and by all young men to teach them the dangers they run if they use it. The last four chapters treat of the DRINK Question, tell why people take intoxicants, what results follow their use, give the diseases caused by intoxicants, and show how the drink-crave can be cured, not by any drugs, but by careful living. There are forty articles in the book; all are useful, and give much knowledge in every-day language. The book is written to instruct people on Health matters. It is sent post free for 1s. 2d. by

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## ESSAYS—VOLUME II.

THIS volume treats firstly of the Changes which are constantly taking place in our body; it gives the rules of health by which we ought to live, and explains the HEALING POWER of NATURE by which means all wounds are healed, bones united, and illness naturally cured. It also explains how all diseases are one, and cured by one course of right living and not by drugs. In this volume is an article on "Stop Drugs," and the reason is given for such caution, for all drugs are poison. The question of CLOTHING is discussed and more rational dress advocated. Electricity in disease is treated of and as a rule condemned. SHOP ASSISTANTS and SERVANTS are given a special article, and rules laid down for their guidance so that they may keep well. The PIG forms the subject of an article, and its use as food condemned. The merits of flesh are examined in one chapter, and flesh meat is shown to be poor as food, dear, and diseased. Beef-tea is shown up in one article to be a fraud and a delusion and far inferior to milk as a food for the sick or healthy. The free use of SALT is condemned in another chapter, and its use shown to set up disease. One article treats upon SALINE STARVATION, and informs people how they waste many valuable mineral salts by not eating the skins of grapes, apples, plums, potatoes, &c.; how boiling vegetables in a large quantity of water and then throwing that water away is a waste of valuable nourishment. TEA DRINKING is the subject of an article and is condemned, and it is shown that tea may cause as much individual harm as spirit drinking. Some very important articles for parents are those on SIMPLE FEVER, MEASLES, SCARLET FEVER, WHOOPING COUGH, and RING WORM. These articles are worth more than the cost of the whole volume, the symptoms and treatment of each complaint being fully given. The chapter on the MANAGEMENT of THE HAIR is interesting to those who do not wish to go prematurely bald. SLEEP and SLEEPLESSNESS is the title of a chapter invaluable to sufferers from insomnia. One article tells the LEAN how to put on flesh, and the next shows the FAT how they may lose some of their fat without injury to their constitution, as is the case when fat is reduced by acids or medicines. HYPOCHONDRIA is discussed in one chapter, all low-spirited and despondent persons should read this. BLOODLESSNESS, a common disease of young women, has an article to itself, and diet and rules are given for its cure without drugs. One chapter treats on WANT of ENERGY, and shows that this state is due to wrong foods, wrong habits, and improper drinks. DIARRHŒA, its cause and cure, are discussed in an article. ULCERATED LEGS occupy one chapter, together with the diet and rules given for their cure. TUMOURS are described, their origin traced, and their cure shown to be simple when proper diet is observed; the knife being rarely recommended. This volume should be read by everyone, it contains something of interest to all. It can be had Post free for 1s. 2d. from

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4 Spanish Place, Manchester Square, London, W.



## ESSAYS—VOLUME III.

This volume contains 35 separate articles on Health and Disease. It starts with one on HEALTH AND WEALTH and shows their connection. The chapter on NO MORE DEATH, tells how one may live the longest time. The article on YOUTH shows young folks how to live healthily to good old age. VENTILATION is the heading of one chapter; few are aware of the importance of pure air. The article on the MANAGEMENT of CHILDREN tells how to rear children between 3 and 15. The articles on HUNGER and APPETITE, FASTING and PERFECT FOODS, furnish useful hints on foods that few know. Fasting is a remedy of the first order in disease, and is not injurious as are drugs. The chapter on GREEN FOODS tells the value of green food for the blood. Under the title of SUPPERS there is some plain advice on their harmfulness. The article on UNSUSPECTED DOMESTIC POISONS warns readers against baking powder, carbonate of soda, &c., every woman should read this. The meaning of PERSPIRATION is discussed in an article, and how to lessen it if excessive. Those who desire to know about SEA-BATHING will find full advice in an article on the subject. An article on FRUIT EATING forms the matter of one essay. HOW TO JUDGE BREAD is invaluable to those who wish to know if the bread they get is wholemeal, bran, soda, &c. The essay on HOW TO BREATHE PROPERLY is useful, we breathe about 16 times a minute, but few do so properly. The next chapter tells HOW TO GROW TALL, this is for young folks. The article on HOW TO KEEP WARM is useful in cold weather. Under the title HOW I LIVE is given information that I am often asked for about my food and habits. HOW TO IMPROVE THE MEMORY is a useful essay for many. There is a special article for ladies on HOW TO BECOME BEAUTIFUL AND ATTRACTIVE, this every woman should try to be. The essay on STOMACH TROUBLES shows the cause and cure of these very common complaints. FLATULENCE, or wind, has a special article to itself, which shows how it is caused and how cured. Under the title SLEEPINESS is to be found the cause of this condition. VARICOSE VEINS receive full attention in one article, and their cure is shown to be fairly easy. The essay on BOILS AND CARBUNCLES will prove useful to sufferers from these, and rules are given for their prevention. CYSTS AND WENS are fully treated of in one chapter. CHILLBLAINS are explained and their cure given in one article. A very important essay is that on THE DISEASES CAUSED BY TAKING MERCURY. Just as stimulants are the curse of ordinary life, so mercury is the curse of medicine; all diseases can be cured without it. Lastly, in an article on EPILEPSY OR FALLING SICKNESS, the cause, symptoms, and cure are given. Send Postal Order for 1s. 2d. for this Volume to

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## ESSAYS—VOLUME IV.

There are 37 Essays in this book. The first one is on NEW YEAR RESOLUTIONS, and gives those laws of Health which we must obey to be well. The second Essay says PREVENTION IS BETTER THAN CURE, and tells us how to live to be healthy. HEALTH SAVING BANKS is the title of the third chapter, and shows us how to save health. The fourth article treats of HARDENING, and informs us how we may save ourselves from colds, and from the result of exposure. WORK AND OVERWORK is the title of the sixth chapter; regular occupation is good both for mind and body; overwork kills, we must try to avoid it. The next nine Essays deal with FOODS. SUGAR AND ITS ABUSE comes in for a good article. MACARONI is written up and shown to be a cheap and good food. The article on SALADS will be very useful to those who know of no tea luxury but cold meat, shrimps, or potted fish; salads are invaluable. The chapter on WHOLEMEAL COOKERY tells us why to use wholemeal in place of white flour. PORRIDGE has a chapter to itself, this nourishing dish is not popular enough. The article on CELERIAC is written to introduce a vegetable little known in this country, it is in good condition when few of the other saladings are to be had. MILK AS A FOOD must be read by all, milk is not good for everyone. In the Essay on the TOMATO we are told it is in no way a cause of cancer. The article against BUTTER bids us be sparing in the use of this fat. The sixteenth Essay is against POULTICES; hot fomentations are handier and cleaner. There are two articles against QUININE and ARSENIC. The articles show the bad results that follow the use of these drugs as medicines. All diseases can be cured without them. The Essay AGAINST THE KNIFE should be read by all who are told they must undergo operation; seven out of ten operations are unnecessary, and most surgical disease can be cured by proper dieting and hygienic treatment. TONICS form the subject of a chapter; drug tonics so-called are poisons. The article on INFANT MORTALITY *should* be read by all careful mothers. All temperance advocates should study the chapter STIMULANTS IN DISEASE; it will strengthen them in their crusade against alcohol. The Essay on STAYS AND THEIR SUBSTITUTES should be read by all women. This article recommends ladies to give up corset-wearing. Parents will find useful the article on SWALLOWING PINS AND OTHER ARTICLES. The Essay on HEAT AND SUNSTROKE is suitable reading for warm weather. The article on DOG BITES informs timid people that hydrophobia is a rare complaint. The last eleven Essays treat on the Cause, Symptoms, and Rational Treatment of PAINS IN THE BACK, LICE, CHICKEN POX (which is chiefly a children's disease), SYNOVITIS or INFLAMMATION OF JOINTS, ENLARGED TONSILS or QUINSY (showing that operation is rarely needed), SHINGLES (medically known as HERPES), ERYSIPELAS, ULCER OF THE STOMACH, EPIDEMIC INFLUENZA, SCIATICA, and PSORIASIS, a very unsightly skin affection. The book can be had post free for 1s. 2d. from

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## ESSAYS—VOLUME V.

This book contains thirty-six Essays of more or less use to all. The first Essay is on Pure Water, and shows its value to the body. "Nuts as Food" is the title of the next Essay; this teaches what valuable food nuts are and how useful in constipation. The third Essay is on a Non-Starch diet; it shows that starchy foods are good articles of diet. The next Essay should be read by all meat eaters; it tells them of the filth they eat when consuming kidney, liver, sausages, meat extract, &c. The sixth Essay discusses the proper number of daily meals; two are advised, or three at the most; those who eat oftener than three times a day are wasting their vitality. The "Essay on the Mouth" advises persons to keep the fingers out of the mouth, and shows why. "Rules for the Aged" is the title of the eighth Essay, and should be read by all over sixty. In the "Essay on Warmth" we are told to warm ourselves by exercise and proper food rather than by sitting over the fire. Training is the title of a chapter that informs young fellows how to live so as to win prizes in the athletic field. Blood Letting is discussed in the twelfth Essay; bleeding is condemned; the drug doctors would bleed now if they dared. The article on Nose Bleeding points out that it is often good, and tells how to check it if excessive. The "Essay on Whitlow" shows how to cure this very troublesome complaint in a week or two. "Ingrowing Toenail" is the subject of the fifteenth Essay; from it we learn that foot coverings narrow at the toes are the cause, and the reverse the remedy. "Toothache and Gumboil" are the titles of two chapters that deal with these complaints, and show how they arise chiefly from eating sweetstuffs. The seventeenth Essay deals with Derbyshire Neck and tells how to treat it. The chapter on Cold in the Head should be read by all; it gives the best remedy for its speedy cure. Parents should read the "Essay on Mumps"; by acting on the advice given a doctor's bill will be saved. Two chapters treat on a Red Nose and Flushing and Blushing; these troubles arise chiefly from improper food and bad habits. All sufferers should read these Essays and put into practice the advice given, then they will gain relief. The twenty-third Essay deals with Sore Mouth, which arises from over-eating, chiefly of sugary foods. The next Essay treats of St. Vitus' Dance; this is chiefly a disease of childhood, and will be cured if the advice given is put into practice. The next two Essays are descriptive of Inflamed Eyes and Inflamed Eyelids; all who suffer from these troubles should read these articles. The last nine Essays deal with troubles that come on suddenly, such as Fits, Fainting, Apoplexy or Stroke, Blood Spitting, Vomiting of Blood, Vomiting, Wounds, Burns and Scalds, and Bruises. This volume should be read by everyone, it contains something to interest all. It can be had post free for 1s. 2d. from

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# A BOOK ON LUNG COMPLAINTS.

From the Registrar-General's Returns we learn that one person out of every four dies from some form of lung disease, which would never happen if people lived properly. DR. ALLINSON, the well-known Authority on Health, has written a book on Chest Complaints, which must have a great sale when its merits are known. It is divided into 26 chapters. The first three chapters deal with the AIR we breathe, show its necessity for life and health, and how breathing pure air prevents most chest complaints. Most people only use half their lungs, are narrow-chested, and have in consequence poor vitality; these chapters tell us how to breathe properly. Chapters 4 and 5 treat generally of Chest and Lung Complaints, show how they arise and give their chief symptoms and treatment. Chapters 6 and 7 point out that many lung diseases are due to occupation, and warn all who are subject to lung diseases to avoid certain injurious trades and occupations. Chapters 8 and 9 treat of Coughs and Colds, tell how to get rid of them quickly and so avoid CONSUMPTION, which may follow even an ordinary cold. Chapter 10 treats of Croup—a valuable article for mothers. Chapter 11 is on Winter Cough, and will be useful to all those who suffer every winter from a chronic cough. Chapter 13 is on Whooping Cough, from which nearly every child suffers at some time; the advice given here will lessen its ill effects. Hay Fever is dealt with in Chapter 14. Chapter 15 deals with Blood-Spitting, an alarming but not necessarily fatal symptom. Chapter 16 gives the symptoms and treatment of Pleurisy. Chapters 17 and 18 deal with Acute and Chronic Bronchitis, and show how to avoid and cure them. Chapters 19 and 20 are devoted to the Cause, Symptoms, and Cure of Acute and Chronic Inflammation of the Lungs. Chapter 21 treats of Abscess in the Lung—a troublesome complaint. Chapters 22 and 23 deal with Emphysema and Difficulty of Breathing, and give advice how to overcome these distressing maladies. Chapter 24 is on Asthma. Every sufferer from this crippling disease should read it, as relief is promised if the patient will obey advice given. Chapter 25 deals with that terrible complaint—CONSUMPTION; shows how it arises, tells us that few need suffer from it, and instructs us how to cure it in the earlier stages and gain relief in the later ones. The whole work is written in plain language; the advice given is easily carried out, and the reader, in a great measure, can be his own doctor. The book recommends no patent or other medicines, but shows plainly how to avoid Lung Complaints, and how sufferers may get rid of them. The book ought to be in every house, and if the advice and hints given are adhered to Lung Complaints will be rare indeed. Send Postal Order for 1s. 2d. for the book to

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If you have read this Book, pass this Slip on to a friend.



# MEDICAL ESSAYS,

## VOLUME II.

(Reprinted from the *Weekly Times and Echo*),

BY

T. R. ALLINSON, EX-L.R.C.P., ED., &C.

*Physician and Surgeon,*

AUTHOR OF

“HYGIENIC MEDICINE,” “RHEUMATISM,”  
“CONSUMPTION,” “DIET & DIGESTION,” &c.

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### *IT CONTAINS ESSAYS ON*

BODILY CHANGES, NATURAL CONDITIONS, HEALING POWER  
OF NATURE, UNITY OF CURE, DRUGS, HINTS TO  
WORKERS, SHOP ASSISTANTS, AND SERVANTS, THE  
PIG, FALLACIES ABOUT FLESH, ELECTRICITY IN DISEASE,  
APPARENT HEALTH, THE URINE, SALT EATING,  
SIMPLE AND SCARLET FEVER, MEASLES, WHOOPING  
COUGH, LEANNESS, OBESITY, HYPOCHONDRIA, DIAR-  
RHEA, TUMORS, ETC.

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# PREFACE.

—:o:—

THE first volume of these Essays has been received so kindly, that I am encouraged to publish a second series. These are written on the same lines as the other, treating only of fresh matter, and, like the first set, are reprinted from the *Weekly Times and Echo*. Some of the laws of health are explained, and the causes of disease given, so that every reader may benefit by their perusal. I do not advocate the use of drugs in the cure of disease, but show what deadly agents these are, and that all complaints can be better cured without them than with them. My article on the "Healing Power of Nature" called down on me the censure of the Edinburgh College of Physicians—to which body I belong—but the impartial reader will find it a plain statement of facts that he can test at any time. If the treatment of disease by drugs is not scientifically correct, then the sooner it is replaced by a safer treatment the better. The aim of this, and of my other books, is to show the masses how to keep well; if ill, they will know enough about themselves not to be deceived by the pretentious advertisements, that occupy such a large space in all the papers one takes up, but seek honest advice and opinion. One or two chapters in the book exhibit the fallacy of treating diseases by means of drugs; those who desire to go further into the question should read my "Hygienic Medicine," where I enter into the matter at greater length.

All are requested to read through the book carefully; not try to grasp too much at once, but to digest each chapter before the next one is commenced. When the book has been read, kindly lend it to your neighbours and friends, so that they also may gain information; for I would have everyone know as much about health as I myself have learnt. This fact must never be forgotten, that disobedience to any law of nature is always followed by punishment, and it is of no use pleading ignorance; no mercy is shown to those who disobey, for whether we err knowingly or unknowingly, we are punished just the same.

T. R. ALLINSON, Ex-L.R.C.P., ED., &c.

4, Spanish Place, Manchester Square,  
London, W.



## BODILY CHANGES.

---

There is a common saying that the body changes every seven years; the fact is that the body changes every moment of our lives. The system is never two minutes alike, but is continually renewing its structure. I can best show this by giving a few facts about ourselves. Man is composed of millions of very minute particles or cells, whose functions are to keep the body in the form we see it, and in the condition of health. Our bodies are composed of nerve cells, muscle cells, fat cells, liver cells, stomach cells, saliva cells, tear cells, kidney cells, &c., &c., &c. Each of these varieties has its own work to perform, and can do nothing else. Thus the tear cells always secrete tears, and the liver cells always secrete bile, and so on. All these are kept alive and in proper condition by the blood. This fluid contains millions of minute bodies called the blood corpuscles; they are kept alive and replenished by the food we eat and the air we breathe. The blood cells carry oxygen from the lungs to every part of the body, so that the tissues may use it to allow force to be generated, and for change and repair to go on. The blood must be properly constituted if we want our bodies to be well, as every cell takes from this fluid what it wants, and that only. Thus the liver cells secrete bile from it, the kidney cells the urine, the salivary cells the spittle, the bone cells the bone, the hair cells the hair, the nail cells the nails, and so on. When every cell has taken up its oxygen and nourishment from the blood it throws into it all its waste. This impure blood is conveyed to the lungs and purified by them, as well as by the liver and kidneys. After this cleansing it is fit again to start its round. Certain cells are thus seen to be scavengers, as those of the liver, kidneys, and in part those of the lungs. The blood



is pumped into the large vessels at the rate of about seventy-two strokes a minute, and if we could follow a blood corpuscle from the heart to the toes and back, we should find that it occupies about four minutes in its journey. Every movement and the performance of every function causes a usage of food. Thus, every thought I think, every breath I take, and every action that goes on, uses up food. To allow this to proceed, the various cells are continually taking from the blood what they want. The more work they do the more food they seize, and the more waste they excrete. The body is continually renewing its structure, cells are always dying, and if it were not so replaced by new ones, the body would soon decay. This goes on until the original body cells and their offspring are worn out, and then we die and return to the elements from which we came. Those internal cells which die are removed by the blood, and the material of which they were composed is used by other cells, made up into fresh combinations and used elsewhere. The external cells, as those of the skin, hair, nails, &c., are thrown off entirely by the body. That these are being constantly got rid of we may know by the growing nails, and when we notice the scurf that usually falls from our skins. Scurf is simply dead skin cells and a natural thing, which we must learn to endure. The face and those parts which are most exposed to the weather and the sun will have most of it. The scurf of the head is retained by the hair, and we call it dandruff, the only remedy being to remove it as it forms; trying to prevent it forming is time thrown away. If there is excessive scurf thrown off, it shows extra irritation; we may see this in the face, for after undue exposure to the sun and many varieties of fever, the skin nearly always peels. Although the body is continually changing it always retains the shape and form impressed on it before birth, and with whatever food you feed a person, he always keeps the form and semblance of a man.

MORAL. -The moral to be drawn from these remarks is that if we wish our bodies to be in good condition, we must supply them with food which will nourish all our tissues in a proper manner, and we must not give them material which will famish them, and cause them to die slowly of starvation; or which will kill some cells outright. All bodily change



being slow, we must not expect sudden cures for long-standing ailments. I am continually writing "time and correct living are required for cure;" now my readers can understand why, for time and pure blood are necessary to effect the healthy changes we desire. Those whose constitutions are delicate, or who suffer from some constitutional ailment brought on by neglect of natural laws, or from past follies, must live rightly; for time and careful living will rectify disease where organs or structures are not damaged beyond repair.

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## NATURAL CONDITIONS.

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The reason this article was written was on account of two remarks that were made to me some time ago. The first was that my replies were all very much alike ; and the second was that I always condemned stimulants, tobacco, strong tea, and coffee. Both these remarks are perfectly true, and the reason for them is not difficult to find. In the first place all rational treatment is simple, as most of our diseases are due to the non-observance of natural conditions, and the cure of them is to obey natural laws and all will go well. Many persons look on me with disfavour because I tell them to conform to certain rules to obey which is sometimes a little troublesome. These laws are as immutable as those which govern the sun, moon, stars, and the rest of Nature. I am only an interpreter, who tells his audience what is his reading of these laws. I did not make the laws of health ; my duty is to make them known to others.

My readers should always remember that man is physically an animal only, and nothing more ; I want everyone to recollect this, and not to imagine that he is something special. He is only an animal like a horse, elephant, or monkey, but with a higher intelligence ; and is subject to exactly the same natural conditions as they are. For if these animals live under wrong conditions, like man, they suffer in exactly the same way. Now, having started with our human animal, we must next study his conformation, and judge of his place in the animal scale. I classify him as a fruit and grain eater, therefore my advice is always tending to vegetarianism ; for I find the best health can only be obtained under this system of diet. I ask people to avoid rich, greasy, fatty, and sugary foods, because



experience has shown how very injurious they are. I ask them to avoid suppers, because we find that those persons who take food in the evening, within three hours of retiring, are never so well as those who avoid a late meal. Three meals a day only are found best to agree with our present conditions. Eating slowly and chewing well are demanded by our teeth and stomachs, so that digestion and absorption may be properly performed. To stop as soon as satisfied is demanded by the system, for if we eat after this warning the surplus food takes away energy, and by flooding the system with excess is the starting point of disease. It is also a fact that man does not always want the same amount of food; our system knows when to demand more, and when it can do with less, and makes us to know this by the feeling of satisfaction that is set up. If we will always obey this prompting, go on eating plain food until satisfied (always supposing we are healthy), and stop when we feel so, we shall make few, if any mistakes. Man being an animal requires pure air; this is why I so persistently ask my readers to have pure air everywhere; to keep their sitting-room, work-room, and bed-room windows always open, even in very severe frosty and foggy weather, as such cold or muggy air is more beneficial than hot bad air. Experience also shows that impure air causes all the chest complaints one sees, and all the diseases of the respiratory or breathing passages. Exercise is another necessity of our existence, especially if we want to enjoy life to the fullest extent. Our various muscles were intended for obtaining our food, and if we do not exercise these we come to grief; two hours a day will keep us off the sick list, more will give us robust health. Bathing is demanded because we wear clothes which retain the perspiration, and because in bathing we expose our skins to the open air to which in nature they would always be exposed.

Secondly, I object to stimulants and narcotics. In a state of nature, alcohol is always a product of ripening fruit, and is never found in the concentrated form of rum, gin, or whiskey. Thus, if a person tried to get drunk on rotten apples or pears he would be deterred by the acrid flavour of the decayed fruit from so doing. Experience has also shown that alcoholic drinks are great disease producers. Tobacco, so, on the same principle, is a poison that only repeated use makes us

tolerate, and, like alcohol, is a poison that gives rise to much ill-health. Tea and coffee are nervine irritants, as anyone can prove for himself if he will only give them up for a time, and then note the ill results on again taking them. These are my reasons for always advising the same rules, and why I object to alcohol, tobacco, tea, coffee and other poisons. I try and interpret Nature's laws to my readers ; again I say, I am not the author of these laws, which all must obey if they wish to live well.

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## THE HEALING POWER OF NATURE.

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I am constantly asking my readers and patients to stop drugs ; some few then want to know how they will get well if they take no medicines. So far I have simply required them to follow my advice ; now I give them reasons why they should take no physic. First, I must tell them that all curative and healing power is inherent or natural to the system ; secondly, the disease is generally a curative process, and when an upset occurs, the body is curing itself and setting all to rights. To those who are living wrongly disease is thus a most salutary process ; it clears their systems for the time being of all waste material, for they tell you, "I was better after that illness, and in better spirits than I have been for years ;" and if they have sense enough, it warns them that they have been living wrongly. If everybody would take disease as a good and solemn warning, it would be well for them ; they must find out what they have done or are doing wrong, alter it, and so keep in health. Our systems are furnished with alarms, which warn us when we do wrong the alarms, instead of hideous sounds, are indicated by pain or uncomfortable feelings.

The healing power of nature is a stored-up vitality, by means of which we recover from illness and accidents. Let us suppose a man cuts his finger, and if he does nothing to it—not even wrap it in a piece of rag—will that finger get better of itself? Certainly, and quicker left alone than if meddled with. This healing power first stops the bleeding by shutting or blocking up the mouths of the divided vessels ; this occurs first in small vessels, the blood current is slower in them, and because the blood coagulates when it comes in contact with the air. Next, from the cut

parts, serum, or the colourless fluid of the blood, is poured out ; this forms a seal over the injured part, fresh cells form, new blood-vessels and nerves shoot into the part, and in a time varying from one to two weeks, the part is whole and entire, with only a little scar to show where the cut was. If the cut is a large one more time is required, or if the system is in a bad condition, it may require months to heal. From this example we see how Nature heals, and it leads me to ask, What is the result if we treat wounds with various ointments, &c. ? In many cases the results are bad. If we use carbolic acid lotion, we may destroy some of the growing cells, and retard healing besides ; the carbolic acid may also be absorbed by the system, and give rise to symptoms of poisoning. Such cases have occurred again and again. Let us say that a wound has become a sore, as for example, knocking the skin off the shin may cause an ulcer of the leg. Will Nature cure this ? Undoubtedly, if you will only give her a chance, and live correctly. Wrong living lowers the vitality, weakens the lives of the body cells, and so they cannot grow to their full maturity. Correct living, on the contrary, increases their strength ; they fill up a wound quickly, and then the skin cells grow over it. There are two ways of treating these cases—firstly, the ordinary methods by means of lotions and ointments, and secondly, by putting the system into good condition. When you use the lotions and ointments you may stimulate the cells to increased activity, and it may possibly heal, but as you have not cured the bad condition of the system, the result is that having cured the ulcer, the patient is often ill from some other complaint, and may die, because the sore was daily discharging waste matter, which is now pent up in the system, and upsets it. When you cure a chronic ulcer by correct living, you first clear the system of waste matter ; this improves the condition of the blood and of the cells of the body, their vitality is increased, they grow quicker and are stronger, fill up your wound, the skin grows over it, and what is better, the system is left in a good condition, and no illness follows. This is the process by which Nature cures abrasions of the skin, and according to the state of our systems will depend the length of cure. Are we in good condition, then our wounds heal quickly ; are we in a bad state of



health, they heal slowly. Too much meat, too little exercise, bad air, dirty skins, the use of tobacco, and the drinking of beer, wines, and spirits, produce a low form of vitality, and the results are lingering illnesses and slow recovery from wounds and accidents.

I have shown how Nature cures wounds and sores. Now I propose to explain how she cures diseases. Let us study a case of simple fever : the pulse is 120, the tongue furred, the bowels costive or relaxed, the urine scanty, high coloured, and throwing down a thick sediment ; there is severe headache, feverishness, thirst, loss of appetite, distaste for food, sleeplessness, &c. If we leave such a case alone, will Nature cure, and if so, how ? She will readily do so, more especially if right conditions are observed. In the first place, the weakness and pains would keep the patient quiet, so that the system could use all the strength for curative purposes ; next, the distaste for food, and even the occurrence of vomiting or diarrhoea would prevent, for the time such being taken into the system ; lastly, free perspiration would throw out of the body impure material, and then recovery would take place. The symptoms we see are the result of the fever, and of burning up the waste matter in the system, which waste must be got rid of before health can return.

Man being an animal, would, if he were under proper conditions, be out in the open air whilst this was occurring. This is Natural cure. Now how is this process interfered with by ordinary doctors ? Very often, instead of giving the stomach rest, they order vile concoctions of grease and waste from some animal, which they call broth, and which almost would make a healthy person heave. They then wrap the burning hot patient in heavy bedclothes, order the window to be kept shut, allow no water, but send some poisonous medicine instead. The result is that your patient throws up the greasy broth when given. He tosses and turns in bed, first on one side then on the other, he jumps and starts, and wakes up from horrible dreams with an anxious look on his face, his body burns, his tongue is parched, he feels on fire, and the drugs given may increase these symptoms. This may go on for a week or two, until Nature cures the patient in spite of doctor and drugs, or else he dies, not so much from the disease as from drugs

and neglect of natural conditions. On the other hand, the hygienist would act thus; He would order the windows to be opened a little and a fire kept burning, so that thorough ventilation and fresh air would be secured to burn up waste; next he would order two tepid baths a day, to cool and cleanse the surface of the body and assist skin excretion. Cold water would be allowed in plenty, and acid drinks, if the patient craved for them. The food would be of the lightest, as gruels, simple non-greasy soups, fruit drinks, and fruit itself. As for drugs, the hygienist never uses any except as poisons for parasites. The result of this mode of treatment is a comparatively mild attack, quick recovery, and few or no complications afterwards. I treat all my cases of fever thus, and get most quick and remarkable cures, be they cases of small-pox, scarlet fever, measles, or typhoid fever.

Inflammation of the lungs, acute pleurisy, and bronchitis are to be treated much on the same lines. Nature cures all these complaints if you will only give her proper conditions. Chest complaints always require plenty of as pure air as possible.

Stomach complaints, in addition to these conditions, must be treated very carefully with regard to diet.

Chronic diseases require time: in these, proper hygienic rules and the avoidance of tobacco and stimulants are necessary. Some patients are so worn out that a non-flesh diet is the only one from which they can get any relief. Gout, rheumatism, liver and kidney disease, require careful living, with plenty of fruit and green stuff. Syphilis, which is really a low fever spread over six months, must also be treated on the same lines. Mercury, in this disease, is the most disastrous remedy that man ever devised, and is the cause of most of the bad results. Those desirous of knowing more of the treatment of disease by rational means will do well to read my "Hygienic Medicine." In this book I enter fully into most of the reasons why I never use drugs.



## UNITY OF CURE.

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Many persons cannot understand that all diseases require only one mode of treatment. Being brought up to the old idea of things, they imagine every disease requires a different remedy. Thus, when they hear of liver disease, they think of podophyllin, blue pill, &c. If they hear of consumption, it suggests to them cod liver oil, stout, and beef tea; for coughs and colds they recommend you ipecacuanha, squills, paregoric, &c. For every real or imaginary disease they have a fixed remedy; if the person gets better whilst taking the drug, it was the drug that cured him; if he does not recover, then they try something else. They do not believe that a person can get well without drugs, and if you tell them that you successfully treat all diseases without drugs, they then ask you what drugs were sent for. This question I have answered fully in my "System of Hygienic Medicine," and cannot go into now; those who have not read this book should do so.

In one of my former articles I showed that all diseases were due to wrong conditions, only that there were differences according to the constitution of the patient. In this article I propose to show how all cure must be based on one foundation, namely, strict obedience to the laws which govern health. Many may be astonished when I tell them that the same mode of treatment will cure diseases of apparently different kinds. Thus, whether I am treating gout, consumption, dyspepsia, gall stones, fever, hypochondria, pimples, or nervousness, the treatment must be very much the same. One of my readers who did not know me, and with whom I was speaking, said I was a fool, because "it did not matter what ailed you, all you had to do was not to smoke, not to drink, to eat brown bread, and sleep with your window open." This man's summing up of my mode of cure was

fairly correct. As diseases are caused by bad habits, improper food, &c., so cure is brought about by stopping all wrong habits, and by adopting correct living, then the system rights itself.

To get cured of any complaint, except those diseases due to worms, or to parasites, certain rules must be obeyed. In the first place all bad practices must be discontinued, such as the use of tobacco, the drinking of beer, wines, spirits, and other fermented or alcoholic liquors; drugs, medicines, and pills must be stopped; and if any other bad habits are indulged in they must cease before cure can take place. The next thing to do is to put the system under the best condition for the restoration of health. With regard to food, if the case is an ordinary one then No. 1\* diet may be strictly followed, the nearer that is kept to the better the person will get on, and the sooner he or she will be well. No. 2\* diet is necessary in cases of heart disease, scrofula, and all cases of low vitality, damaged organs, or delicate constitutions. No. 3\* diet is useful in chronic diseases, and where the system must be cleared of waste before cure can be expected. All these diets, be it noticed, will support life under the most adverse conditions. I have many persons engaged in their usual hard work and yet living on No. 2 or No. 3 diet, for the cure of their complaints. The hygienic rules are also most important aids to cure, and as useful as the food eaten. Fresh air is most important in the treatment of diseases, especially those in connection with the breathing organs; thus it is the chief part of the cure and prevention of influenza, cold in the head, sore throat, quinsy, laryngitis, loss of voice, catarrh, cough, bronchitis, pleurisy, consumption, and asthma. Exercise must not be neglected, for exercise burns up waste material, improves the circulation of the blood, increases the vitality, strengthens the muscles, enlivens the spirits, and gives tone of a lasting kind to mind and body. Bathing cools the blood, cleanses the skin, lessens feverishness, helps to allay congestion or inflammation of internal organs, and is in every way beneficial. The dietaries given, and the hygienic rules I lay down in the "General Directions" if carefully adopted, will alone

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\*See Appendix.



cure all systemic diseases that are curable, no drugs being necessary. In fact, drugs instead of curing set up diseases or symptoms of their own, and so the person has to fight his own complaint, as well as that brought on by the stuff given. I treat all my cases of disease without drugs, and I have had every kind to deal with. Finally I ask those readers who ail in any way to try No. 1, No. 2, or No. 3\* diet, and obey as many of the hygienic rules as they can, and they will have the best chance of getting well in the shortest space of time. They must at the same time, avoid beer, wines, spirits, tobacco, medicines, and strong tea or coffee.

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\*See Appendix.

## STOP DRUGS.

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My readers have constantly read the two words which form the heading of this article, in my answers to correspondents. Very few are aware of the damage done to our bodies by taking drugs which are of no use as foods, and which are in plain English nothing but poisons, some deadlier and more fatal than others, but all bad. Many have doubtlessly heard of Mr. Gladstone's saying, that "drink was more fatal than war, pestilence, and famine combined." Those words were used by Dr. Mason Good to denounce drugs, and the dictum should stand—"Medicines kill more than war, pestilence and famine combined." When those words were used, scientific (so-called) medicine was not known. Doctors' medicine were like the old muzzle loading muskets, and the new ones like our breech loading guns: the old drugs were bad enough, but nothing to be compared in destructiveness to the simple but more deadly ones now used. The jargon of Medicine (so called Art) was called by Byron the "Destructive Art of Healing." Doctors killed many, but cured none, those that got well did so in spite of the stuff given.

Dr. Baillie, one of the leading physicians in London many years ago, said on his death bed, "I wish I were sure that I have not killed more than I have cured." I could give innumerable quotations to the same effect, all tending to show the known destructiveness of drugs. In fact a druggist, or technically a "pharmacist," gets his name from the Greek, "pharmako—*Φαρμακώω*," I poison, hence one who sells poisons. If every chemist's shop were decorated with the word "poison dealer" printed large, what a stir it would cause, and yet it would be the truest term to apply to all chemists and druggists; it would be like calling a spade a spade. As it is we call him a poisoner in the Greek language, and he takes it as a compliment.

Every dose of medicine taken is an experiment tried at the expense of a person's constitution. If he survives it is because he has a good constitution which withstand the poison used; if it makes him worse this is often thought to be due to the disease, when it is only a result of drug-poisoning. If he recovers in spite of the drugs. then



he credits the drugs with the cure, and forgets that his system had anything to do with the recovery. Every dose of medicine acts injuriously on the system, and instead of aiding cure actually retards it. Could we only see the innumerable deaths caused by drugs, or could people have my experience of them and doctors, they would vow never to take another drop of any sort of doctor's physic in their lives. Dead men tell no tales; could the dead only reveal what killed them, instead of having on the death certificate, "Died from apoplexy," "consumption," or "kidney disease," we should see an immense number of cases thus described, "Poisoned by mercury," "antimony," "arsenic," "morphia," "digitalis," "strychnia," "prussic acid," &c. In other words, it is often the drug which kills, and not the disease.

If there is one subject on which I am bitter it is drugs. If I could dip my pen in a mixture of gall, wormwood, aloes, and the strongest acids, I could not write in too bitter a manner against them. The sooner the people learn to get cured without their aid the better it will be for themselves. All medicines must be looked upon as poisons, and like poisons must be put where they can never be taken. Only those who are tired of life should take them; those who value their life will wisely pour every dose down the sink instead of down their throats. Those who want to read more about drugs and their deleterious action cannot do better than read my "*Hygienic Medicine*." This book, also, instructs how to avoid and cure disease naturally.

I am writing thus strongly because I have lately seen some bad cases of illness produced by drugs. At a future date I hope to take up the chief drugs separately, and show the deadly character of each one, and the disease it produces. All produce symptoms of disease, so very like those caused by natural ill health, that it takes all the skill of a clever physician to tell which are produced by the drugs, and which by the disease itself. Those of my readers who wish to live long must avoid all medicines. If they go to their ordinary doctor, take his advice, but not his physic, and they will recover sooner than if they took both.

## PHILOSOPHY OF CLOTHING.

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To make the assertion that mankind has no right to clothing will startle the general reader, but when he or she gets to know more about the subject they will in the main agree with me. We must start with the fact that man is an animal that belongs to a warm climate; every animal is furnished by nature with some natural covering, as fur or feathers. Man himself was at one time covered with hair, which is still seen in a rudimentary form on the arms, legs, body and chest; where man runs wild, especially if in a cold country, this hair grows thicker and longer, and quite covers him, and protects him from the elements. In remote ages man was forced by circumstances to migrate from a warm to a colder climate. He found that the skins of other animals kept him warm; he utilised this discovery, learned to fasten skins together, and clad himself with them. After a time he learned how to spin wool into cloth, discovered cotton and flax, and thus arose our modern clothing stuffs. At first, man wrapped the skins round him loosely, or covered only those parts that felt the cold most, or covered himself with them only when at rest, or when he wanted to sleep, and in cold weather. Gradually he discovered how to fasten them together. Superfluous parts were next removed, then he fitted them to the shape of the body, lastly fashion steps in, and demands that they must be cut after a certain style. What is the result of this wearing of clothing on the body? In the first place, it has caused our natural hairy covering to almost disappear. Secondly, it has weakened our skins, and made us unable in a great measure to resist the changes of climate. And, lastly, it has given us false notions of modesty. Those who wear many clothes complain most frequently of the cold, as the clothes prevent them from exercising sufficiently to keep warm, and discomfort must arise unless the blood receives sufficient oxygen to burn up the carbonaceous matters of the body.



If the weather becomes colder, then their skins are chilled and some illness is caused—as rheumatic fever, or inflammation of the lungs, or bowels. The human system contains a set of nerves, whose function is to regulate the natural heat of the body; if we wear much clothing we keep the skin always at one heat, and so in a great measure do away with the use of these nerves. The result is that we are never ready for climatic changes, and if we go out and get wet, or it comes on cold, we suffer in health for our rashness. Many think that clothes are worn for decency. Such is not the case. In India and other hot countries the natives never seem indecorous, even to Europeans, yet all they wear may be a waist cloth, and sometimes not even that. In Burmah a modest woman goes almost naked, whilst the loose women are heavily clad. That modesty is often a matter of usage we may see in our present fashions. A lady may appear at a public ball with her bosom all bare, but yet if she shows her ankles it is immodest. When clothes are worn which interfere with bodily actions or movement they must be denounced. This means that tight things of any kind are injurious—as tight collars, trousers, boots, or garters in men; and tight under-garments, boots, garters, corsets or stays in women. From a health point of view, I would rather wear a ring through my nose than wear stays round my body. Those ladies who wear stays weaken the muscles of their back and body, and make themselves very uncomfortable in warm weather.

If stays are at all tightly laced they prevent the proper expansion of the lungs, cramp the heart in its space for beating, compress the stomach and bowels, and cause displacement of the womb. This desire to have a small waist impairs the vitality, causes cold hands and feet and a red nose, helps on indigestion with a crop of spots and pimples, induces consumption, sets up womb troubles, and unfits a woman for maternal duties.

MORAL.—The moral I want my readers to draw from all this is that clothes should be worn as a mild protection against the elements. They should vary according to the season, should be always light and loose, and not constrict any of our organs. In winter they should be a little warmer than in summer, but never very heavy. Flannel is never a necessity, as it irritates the skin and keeps it too

hot. People think that clothing in flannel from head to foot prevents them from taking cold; this is a mistake, and there is no special virtue in red flannel. Mufflers, chest protectors, night caps, &c., do harm and weaken the parts they are intended to protect. Overcoats should only be used when travelling or standing about; never when walking, as they impede motion and soon cause fatigue. My advice is, when cold, warm yourself with exercise, but do not stick over the fire. Have an air bath every morning: that is, when you first get out of bed throw off all your clothes, wash your face and hands whilst naked, and then sponge the whole body, or rub it well with a rough towel, and you will save yourself many colds and chills.

Heavy clothes cause fatigue in walking and loss of energy or strength. Being cold does not necessarily cause a cold; but being artificially hot weakens the body and causes debility of constitution.

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## ELECTRICITY IN DISEASE.

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I am being constantly asked by persons if they may wear an electric belt or some other electric appliance. It is for those especially, and also for the information of the general reader, that I write this article. Electricity has been, and is, made too much of in the treatment of disease. We have everything nowadays called by this name, from socks to hair-brushes. Plainly speaking, the electric treatment of disease is valueless; it has one advantage over many other treatments—that is, it does little or no harm. Many diseases if left to themselves will wear themselves out, and others are self-limiting. It is in both these kinds that the supposed cures are seen. But when we come to test its value in disease we find it useless, it neither aiding cure nor retarding it, except that valuable time is often wasted by those who try the system. Drugs do actual injury to the system, electric belts and such like are harmless. That a shock of electricity can kill, no one can deny, but that a smaller quantity will do the system good does not follow. The advertisements of various belts and appliances about, that profess to cure everything, from gout to cancer, only prove there is a great deal of ignorance about life, and that the advertisers trade on this want of knowledge. Years ago we had most wonderful cures by means of magnets or Perkins's tractors, and a great number of people were deceived. The fraud was at last exposed by using pieces of wood painted in imitation of the steel tractors, and they worked just as startling cures as the other ones did. This showed that the cures were worked by the system, stimulated by hope. Again, many diseases arise because the mind has nothing with which to occupy itself. The patients imagine they have various diseases, they buy an electric appliance, are buoyed up with the testimonials sent with it, have some

thing to occupy themselves with, forget their symptoms, and are thus added to the list of marvellous cures. Most of the appliances one sees are swindles, and all the electricity in them is in their names. I have examined many such, and am astonished at the simplicity of the fraud. All you have to do is to join bits of copper and zinc together, make into a belt or other appliance, register it, and announce to the world that you have discovered the secret of prolonging life and curing disease, and if advertised well you can make a fortune. The belt may even give off a feeble current of electricity, but there is no proof that this current will affect the body beneficially. Others, again, take an electric shock from a coil or a battery, and because it makes their arms tingle and ache, they at once argue that it does them good. They often go through a course of such shocks, taxing them daily for months, and because they get well in time they credit the electric treatment with it.

REAL BENEFITS.—Electricity may be of use in paralysis of muscles, when such is the result of a stroke, or apoplectic fit. Then the nerves which supply a certain set of muscles are paralysed, and the daily use of the battery to affected muscles makes them contract, and so keeps them in condition. It may also be of use in muscles wasting from want of nerve power. At the same time as this is being done, dietetic and hygienic rules must be obeyed, and then, as the system gradually recovers itself, it will take command again of the disused parts and use them. This is the only practical use that I know of for electricity as a curative agent. I therefore warn my readers to avoid the many alluring advertisements that are meant to entice money from them : all the relief they get will be of their cash. I have had letters from hundreds complaining bitterly how they had been cheated.



## THE URINE.

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Urine is an excretion from the kidneys of water, colouring matter, waste nitrogenous and saline materials. It is gradually secreted by each kidney, thence passes to the bladder, and is there stored up until a sufficient amount is collected. A desire to urinate then arises, and it is got rid of. Healthy urine should be amber coloured, transparent, and have a characteristic odour. The amount passed in twenty-four hours is about fifty ounces, that is  $2\frac{1}{2}$  pints, but it may vary healthily from two to three pints.

**COLOUR.**—The colour of the urine varies from a light water colour to a deep brown or mahogany. The greater the quantity of urine passed, the lighter usually is the water; whilst when very little is passed the darker it should be. When a person has jaundice, one of the first symptoms is the passage of urine as dark as porter, or like mahogany stain. When anyone is taking carbolic acid as a drug, or even using it as a lotion, it may be absorbed by the system, and colour the urine dark brown. If a very small quantity of blood is in the urine it makes it of a smoky hue; if a larger quantity, then it stains it blood colour. The drugs, rhubarb, senna, and santolin colour the urine yellow, whilst logwood and beetroot may make it reddish, and another plant turns it green.

**ODOUR.**—The odour is peculiar, and is not unlike that of nettles when they are bruised. Sometimes it has a roast beef smell. Asparagus gives the urine an aroma of this vegetable. Turpentine causes it to have an odour of violets; painters know this well. Copaiba give the urine its own peculiar odour. When urine decomposes it gives off an ammoniacal vapour; sometimes urine decomposes in the bladder, it then smells strongly of ammonia.

**QUANTITY.**—The quantity passed in twenty-four hours should be about  $2\frac{1}{2}$  pints. This varies, being less or more according to the food taken, fluid consumed, season of the

year, exercise, &c. The amount of urine is diminished if the food eaten be fairly dry, if little fluid is drunk, or if the skin perspires freely. When a person perspires freely the skin exudes the water that the kidneys would have thrown off; in the summer we must expect to pass less water than in winter for this reason. Warm rooms also, by making the skin more active, diminish the flow of urine. It is also greatly diminished in some kidney troubles. The quantity is increased when the amount of fluids is increased, during winter, and in some diseases. Much urine always means plenty of fluid taken, though many have an idea that some foods can turn into water; this is a mistake. Few persons are aware of the amount of fluid that our food contains. All our drinks, as tea, coffee, cocoa, beer, and other like drinks, contain from 95 to 98 parts of water in the hundred; milk about 88 parts of water. Soups and broths consist of about 85 to 90 parts of water; gruels and thin porridges, of from 75 to 80 per cent. All the green vegetables and fruits, from 75 to 90 per cent.; whilst meat, fish, and fowl contain 53 to 78 per cent. of water. Bread contains about 40 per cent., and the grains as we buy them, such as wheat, oats, barley, maize, peas, beans, &c., from 10 to 15 per cent. of water. All cooked foods as they come to the table may be roughly said to be half water. We may thus estimate the amount of fluid taken daily, although we do not actually drink much. Persons have often said they could not understand why they passed so much water, for they drank so little; now they know why. It is very easy for a person to arrange his food so that he drinks very little, but yet gets enough fluid for his bodily wants. Those who use pepper, salt, spices, sugar, and condiments in great moderation will not have much thirst, nor much desire for fluids. The quantity of urine increases greatly if much drink is taken. Those who are drinking beer, wines, spirits, tea, coffee, water, &c., at all hours of the day must expect to pass more water than those who only drink at meals. Nervous headache, hysteria, and epilepsy are frequently attended by the passage of a large quantity of pale urine after the attacks are over. In diabetes we notice a great quantity of urine is passed, but that is because a large quantity of fluid is drunk to relieve the intense thirst.



DEPOSITS.—We may have two kinds—those that are passed with the urine, and those that are thrown down after it is passed. Those passed with the urine may be, *a* pus, *b* mucus, *c* phosphates, *d* urates. Pus or matter is sometimes seen in the urine; it may come from the kidney, or the bladder, or it may get there during its passage from the bladder. It proves inflammation somewhere in connection with the urinary organs. Mucus shows irritation mostly in the bladder. Phosphates worry some people, and frighten them considerably. They complain of passing a quantity of whitish phlegm like matter, sometimes at the commencement of urination, and sometimes at the finish. If males, then they think they are losing their vitality, and come to you in a terrible fright. This symptom may occur from either of two causes—lack of exercise or want of sufficient vegetable acids in the diet. If it continues, it may in time lead to phosphatic calculus, which is a form of stone in the bladder. This deposit does not prove that there is excess of phosphates, but that they are insoluble because the urine is not acid enough to dissolve them. The cure is simple: plenty of exercise must be taken daily, and vegetables, green-stuff, and fruit must be eaten freely. I have cured many cases by these simple means. The commonest of all deposits is what is known as urates, or in common language, “gravel.” There are two kinds of this gravel—one is passed directly from the bladder, and looks very like little grains of reddish sand: it collects at the bottom of the chamber utensil, while the urine passed is quite clear. The other kind is that seen when the urine is cold. The water may be perfectly clear and transparent when passed, but as soon as it becomes cold, it throws down a sediment which may vary from a chalky colour to pink. It leaves a stain in the utensil, and those who suffer from this complaint will often notice that the inside of the receptacle into which the urine is passed is often coated with a thin yellow crust, not unlike common stone, unless it is kept very clean. This condition may lead to the formation of stone, if not overcome. In all feverish states and in nearly all upsets of the system, this condition of the urine is noticed, and it has come to be regarded as a sign of a “cold” as people say. This deposit is nearly always seen when the urine is scanty and high coloured,

and some persons suffer from it continually because they eat wrong foods. A brick-dust like sediment is due to excessive use of nitrogenous foods, and to want of sufficient green vegetables and fruits. Those who eat much flesh, fish, fowl, cheese, or eggs, are most liable to suffer from it, but less so if they eat freely of fruit and green-stuff. Vegetarians may suffer from it if they eat too many peas, beans, or lentils, eggs, or cheese, and not enough green-stuff and fruit. The cure is simple, let them eat less meat, fowl, fish, peas, beans, lentils, eggs, and cheese; at the same time eating freely of green vegetables and fruit, then the water will remain clear.

STONE.—Small pieces of stone are occasionally passed. This is a serious matter; those who do so should at once change their mode of living, and adopt as nearly as possible a non-flesh diet.

BLOOD.—The presence of this in the urine is always a grave matter, and its origin should be sought for. Stone must always be suspected.

MORAL.—All these abnormal states of the urine show as a rule some wrong dietetic habits. The kidneys are organs meant for getting rid of some of the waste of the body, and their secretion shows us, to a great extent, whether we are living rightly or wrongly. The person who is living rightly should pass between two and three pints of pale amber-coloured urine every day, which should not throw down any sediment on standing. Stimulants increase the flow of urine, but the solid matter is deficient, the waste remains in the system, and may be the starting point of any disease, or intensify one already contracted, from rheumatism to brain fever. I have now seen many cases where the free use of fruit and vegetables has dissolved a stone away and allowed it to pass at last as a small piece, thus doing away with the necessity of crushing it in the bladder, or removing it by a dangerous operation.



## PERSONAL, BUT INSTRUCTIVE.

I do not like to write about myself, but the action of the College of Physicians of Edinburgh forces me to do so. I appeal to my readers and ask their verdict. I have been writing for the *Weekly Times and Echo* for five years, during which time I have done my best for the public, and used all the skill and knowledge I am possessed of for its enlightenment. The following are a few of the results. By the use of brown bread I have cured hundreds of cases of obstinate constipation. The ordinary doctor would have given a box of pills, and told his patient to take one or two when required. I went to the root of the matter, ordered a proper diet, and constipation could not then exist. This simple cure for constipation entitles me to gratitude, for on constipation depend piles, varicose veins, want of energy, and a good share of man's ailments. I have, by brown bread only, thus saved health and wealth. By advocating pure air as a necessity, I have cured and prevented many respiratory diseases. I have received letters by the dozen thanking me for insisting upon pure air. My patients write, "Since having my bed-room and sitting-room windows always open I have never had a cough." Another writes, "The fresh air has cured my sore throat, and I have passed a whole year without one." Another, "I have had less bronchitis this year than for last ten years, and I go out now every day, no matter what the weather is." One told me "I never passed a winter without a cold until this winter." In like manner I could give numerous cases showing that pure air will cure and prevent cold in the head with running at the nose, sore throat, quinsy, loss of voice, bronchitis, pleurisy, inflammation and congestion of the lungs, and consumption. One working man's wife wrote me thus:—"In January last year, when it was bitterly cold, you advised me to have my bedroom window open: I was afraid that I and the children would catch our deaths from cold. My husband persuaded me to try it half an inch. I did so; now I never have it open less than two inches, and

I am glad to say that we never suffer from colds now thanks to you." The advocacy of pure air has earned me gratitude from every class. When I write about food, I must confess that I receive more letters on this subject than any other. Advising simpler foods, less meat, more vegetables and fruit, has benefited thousands of persons; bilious attacks, sick headaches, pain after food, acidity, flatulence, specks before eyes, pains between shoulders, &c., have flown before my simple diets. Fresh energy has been given, and new life gotten. The vegetarian diet has been of immense value to many sufferers from gout, rheumatism, chronic stomach, liver, kidney, and heart diseases, and will assist many children to grow up strong and healthy who would otherwise die prematurely. My macaroni\* diet has been of great value in chronic stomach troubles, in chronic ulcers, and in all low conditions of the system. By means of it, all but ruined constitutions have been built up again and given health.

Advising more bathing has, in conjunction with advice what to take and no less important what to avoid, been of value in cases of skin disease, as in eczema and like complaints. More exercise has given vigour to those who suffered from lack of it, and has opened out a brighter world to many hypochondriacs. By stopping the supply of alcoholic stimulants, many of my patients have allowed their systems to get into better conditions, and to throw off the many diseases due to the use of beer, wines, and spirits. My advocacy of the stoppage of tobacco has relieved sore throats, deafness, palpitation, sleeplessness, low feelings, and general miserableness due to this filthy weed. I know, also, that many have felt very bitter against me for ordering them to stop beer, wines, spirits, and tobacco, but, as they have had to own, they were, and are, all the better for doing without them. Telling people to use more cocoa and less tea and coffee, has caused them to have better rest and be less nervous.

For all these things many people express their gratitude. When I come to speak of drugs my feeling is one of horror and dismay; to witness the disease and death caused by these things is terrible. Statistics show that leaving

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\*See Appendix.



diseases alone is better than treating them by drugs, and that a person with no doctor—*i.e.*, no drug doctor—has two chances more of getting better than if he took drugs, and he recovers sooner without medicine than with it. These, and other things I could name, make me bitter against medicine, as now practised. Well, I am censured by the Edinburgh College of Physicians for helping people on to health, and for preventing them being drugged to death. If this deserves censure, then I willingly accept it, and hope to merit even more censure under like conditions. Will my readers help me to fight their cause? I want no money, as I have more than I spend. I want their co-operation. I want them to circulate my “Hygienic Medicine.” I want as many as possible to read this. Those of my readers who have a copy already are requested not to let it lie dusty on their shelves, but to lend it to others. Even if the reader should enjoy good health the perusal of these essays will assist him to retain it, and he who reads with thought and care will take less and less of poisonous drugs, until at length he learns the wisdom of never touching them again. Readers, help me to help yourselves.

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MY VEGETARIAN EXPERIENCES.\*

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More than seven and a half years have now passed since I ate any fish, flesh, or fowl, and I think my experience may be of use in helping my readers on to health. I was not ill, nor in low condition, when I began my present diet, and have kept in good health ever since. The low, miserable feelings I used to suffer from have left me, and I find that my diet gives me more energy and more vitality in body and mind. I find I can do a great deal more mental work on it than on a mixed diet, and as for bodily powers, I have walked twenty-four miles in the day besides doing my ordinary work. So far it has suited me well.

My first enquiry was into the condition of so-called vegetarians, that is, persons who abstain from fish, flesh, and fowl, but who take butter, eggs, milk, and cheese in moderation. I find they are a clear and clean-skinned set of people, whose faces vary in colour from a deep red to pale, like ordinary mortals. Their mental condition is good, they are all-round thinkers, and consequently are as a rule an intelligent set. Most of the vegetarians I know earn their living with their brains; but I know vegetarian miners, sailors, policemen, ironworkers, and labourers, and one of my converts is working at a gasworks and lifting twenty-one tons of stuff a day. Students and literary men, or those whose occupation is sedentary (as clerks), gain most benefit from the adoption of a non-flesh diet. With regard to size of families, I find they have the average number. They also rear more children than the average mixed feeder. With regard to longevity, they are more likely to live longer than the ordinary meat feeder. The health of the vegetarian is better than that of the meat eater, and there are good reason for this. The vegetarian is not content

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\*Written November, 1889.



with abstaining from eating meat; the rule is for him not to smoke, and not to take stimulants. He also believes in fresh air, regular exercise, and bathing. He does not generally believe in vaccination, nor does he poison himself with drugs when ill, but relies on Nature and hygiene. If a person becomes a vegetarian only, then I hold him less in my esteem than another person who eats meat in moderation and obeys all the hygienic rules. If the vegetarian breathes impure air then he suffers from chest complaints; if he abstains from taking exercise or bathing then he suffers from diseases due to neglect of these rules; if he overfeeds he suffers from excess like others. The temper of the vegetarian is good as a rule, and he takes a more cheerful view of life than his meat-eating friend. Excessive stoutness is a disease almost unknown amongst vegetarians; some are very thin, but that will be often found to be due to their previous history or trying to live on uncooked grain, or something else to which they are unsuited. I have studied the vegetarian mode of living from a doctor's standpoint, and my conclusions are, that, if intelligently carried out, it is the best diet a man can adopt. In trying vegetarianism, the first great need is brown bread, then plenty of fruit. Wheat, oats, barley, maize, peas, beans, lentils, rice, sago, tapioca, greens, roots, fruits (fresh and dried), and nuts are the list of foods the vegetarian has at command. All the grains should be thoroughly cooked, and the vegetables steamed, if possible. The fruits are best eaten ripe and raw. With these foods in various forms and combinations, and with various flavouring herbs, tasty and wholesome dishes can be prepared. The hard-working men may use peas, haricot beans, or lentils two or three days a week, or even a small quantity daily. These correspond to the flesh of meat-eaters, but one pound of these foods is more nourishing than three or four pounds of meat. Even mixed feeders would do well to have one or two vegetable dinners a week instead of the regulation beef or mutton. It is only ignorance of the value of vegetable and grain foods that prevents people from using more of them

## APPARENT HEALTH.

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It has often been my lot to hear hygienic living run down by persons who are apparently in good health. When you speak to them of correct living and of abstinence from intoxicating drinks, they laugh at you and think you are a fool for advocating any rules of abstinence from what they like. As a proof of their arguments, you are asked to look at them. A man may look ruddy and strong, and boasts he has never had a day's illness in his life, eats what he likes, drinks what he likes, and smokes as much as he pleases. If you are in a mixed company when this person makes his boast, he usually gets the sympathy of those present, and you are looked upon as a fool or a faddist, because you do not live in the same way. If we examine into this person's history, we shall find that he most often comes of a healthy, long-lived stock, and that he leads an active out-door life, and did not begin his wrong living until his frame was set. To look at, he is a type of perfect health. But if he continues living thus, what is the result? He does not usually live long; it is quite the exception for such to become old men. My experience of life has shown me that these men often die suddenly, or with a short illness at from 45 to 55. These are the men who have paralytic or apoplectic strokes, and, if they are not killed, they may be made cripples for life. Or they are seized with an inflammation or a fever, and quickly die. I have seen many such cases now, and we must all profit by other people's mishaps, if we want to live long. A man who is apparently healthy to the ordinary mind, may be very diseased to the practised and trained eye of the doctor. There are many men boasting of their health and strength, whose existence I would not guarantee for a single year. Slight colds with them develop into pleurisy or other inflammatory action, or in the midst of their fancied good health, sudden congestion of the bowels cuts them off within a week, and their friends say with wonder, "Who would have thought it, such a strong

man, too." Let a man look ever so well, if his former history is bad, and his present mode of living incorrect, then he is never safe. Such a man is like a person living on a volcano, and may be thrown out of existence at a very short warning. In this class of men I put publicans, butchers, and heavy eaters and drinkers. People think they must be well because they are stout, or because they are red in the face, or because they can lift heavy weights, or undertake heavy work. This is a mistake. Stoutness very often means disease; perhaps a fatty heart accompanies it. Redness of the neck always shows plethora, or that condition of the system in which are seen most cases of disease of the heart, liver, and kidneys. Being able to do great feats of physical strength is no sign of health, for brewers' draymen may be able to lift enormous weights, and yet have one foot in the grave. I have had many butchers and some brewers among my patients who, under my advice, have changed their way of living in time to save their lives. Other men relate that they have drunk, smoked, and eaten freely for years, and it has never done them any harm. That is their boast; let them see what I do, and they will change their opinion. Many repent when it is too late, and I have heard men say, "Oh, if I had only known differently." When the mischief is done and turning back impossible, they regret it, but regrets are useless; Nature knows no mercy, and if a man sins against his constitution he must pay the penalty to the last farthing.

MORAL.—The moral of this article is to learn the rules of health and follow them. If you are weak, observance of these rules will make you strong, or enable you to get the most out of life. If you are strong constitutionally, and come of a long-lived race, you can be sure of long life, good bodily health, and freedom from pain. Because a man has a good constitution, that is no reason why he should abuse it. These men with strong bodies are a stumbling block in the way of the more delicate ones, who try to live like them, and come to grief. If all will live in a proper way, I can promise them health, which is enjoyment of a keener and more lasting kind than that which can be got from stimulants, tobacco, and over-feeding. Correct living means health and happiness; incorrect living means false pleasure, disease, and early death.



## HINTS TO WORKERS.

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A question that I am frequently asked at lectures, or through my columns, &c., is, What shall persons take with them to their work which shall be both nourishing and easy of carriage? Those who are constant readers of my articles know by this time the great influence for good that proper food possesses, and naturally they want to know how to get good and proper eatables when away from home at work. Some of my readers leave home in the morning by an early train, and do not get back until night, and if they want to be properly fed they must take their food with them, as they find most cook-shops have a very limited, and a meaty bill of fare. Others, again, have to make their money go as far as ever it will; they have perhaps small wages and large families, or heavy expenses. It is chiefly for this class of workers that I write. Our London work-girls spend as much money on sickly tarts at dinner as would buy good wholesome food, if they only knew what was nourishing. One of the cheapest and most staying and satisfying foods is brown bread, not baker's bran bread, but the whole wheat ground fine and made into loaves. This contains everything that the body requires for its numerous functions; with it and fruit, no one need ever starve, or be ill. I find that about three-quarters of a pound of brown bread, a drink of cocoa or milk, and 6 to 8 ounces of fruit will enable a working-man to wield a pick or shovel for five or six hours together. The first necessity for the workman is thus seen to be wholemeal bread, and he can add various garnishings to it. The man who has to provide himself with food will find half a pound of brown bread, a quarter of a pound of ripe raw fruit, and one large cup of cocoa or milk, will make him a good breakfast. He may have

the same at tea time, eating watercress, Spanish onion, celery, or other green meat instead of fruit if he so desire. At dinner he may again eat bread and fruit, having now about three-quarters of a pound of bread and half a pound of fruit, and an ounce or two of cheese or nuts. Thus one and three-quarter pounds of bread with one of fruit and some cheese or nuts will well nourish a man for the day, and he will come home cheery at night. As many would think a bread and fruit diet monotonous, I will give them a variety of dinner dishes from which they may select. The next simple food to fruit is a hard-boiled egg; a couple of these may be eaten at dinner with the bread. But more nourishing and cheaper for hard workers are split peas. These are put in a cloth, tied up like a pudding, and boiled two or three hours until thoroughly soft. They should be turned into a basin; a little butter, and just enough pepper, salt, mustard, and mace to make them savoury being added. The peas are mashed with a fork, and the whole made into a thick paste. This can be potted like meat and makes a most appetising and nourishing sandwich. It can be spread between thin or thick slices of brown bread and butter, is more nourishing than beef or ham sandwiches, and may take the place of the meat, or bacon, that the labourer often takes with him to his work. Let him eat a little ripe raw fruit after, and he has had a rational and physiological dinner. A macaroni pudding and some fruit makes another good dinner dish. A potato and onion pie, with a wheatmeal crust, eaten hot or cold, is not to be despised. Porridge and fruit are also good; the porridge may be made over night and warmed up for dinner. Lastly, a thick vegetable soup may be taken with the labourer from home. The wife makes it the day before from peas, or lentils, pearl barley, carrots, potatoes, turnip, onion, sage, thyme, or other sweet herbs; a little butter, pepper, and salt may be added by those who take these things. This is made almost as thick as porridge, and when eaten with brown bread it sustains one for many hours. The labouring man or woman can take these foods to work with them, and when they get back home, may have a little meat, fish, or stew; if they are vegetarians, they can then have a non-flesh meal. The best drink is distilled water, or boiled and filtered rain-water collected off the roof in a clean earthenware pan; the next best is thin cocoa, not

that which thickens in the cup. The cocoa and sugar can be made into little packets, each one containing enough for a large cup, which can be dissolved in hot water. If our working men live as I advise they will get on well, have money in pocket, a clear brain, plenty of strength, good health, and vigorous vitality.

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## HINTS TO SHOP ASSISTANTS.

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I am often consulted by male and female shop assistants, and I tell them to regulate their dietary; they say that is impossible, as they have certain foods put before them, and they must eat them or go without. I find an improper dietary supplied in the large establishments as well as in the smaller shops, and I do not know of a large business house in the whole of London where I could send a child of mine with the knowledge that his food would be of the proper kind. This improper food produces a great many diseases, as most of my readers must know by this time. But what is worse, from an employer's point of view, is the inefficiency of the work done by the assistants, in consequence. To get good work out of any one he must be properly fed. Most of the inattention to customers, mistakes in booking, &c., may be traced to wrong food. An assistant suffering from indigestion, due to heavy meat food, cheese, and ale, cannot properly attend to business. Assistants have told me again and again that they have not the energy and "go" in them to attend properly to their duties, and many have come asking what they shall do to get more vigour, as they fear dismissal. The following is the dietary allowed in many large establishments. For breakfast there is white bread and butter, tea or coffee, and occasionally bacon, meat, or eggs. Rarely is there cocoa, brown bread, or porridge on the table. At dinner there is usually beef, potatoes, bread, and beer. Once or twice a week they may have a vegetable other than potatoes, and once or twice a week a boiled pudding with a few currants in it called "plum duff." At tea there is tea, coffee, and white bread. At supper there is cold meat, cheese, white bread, ale, or coffee. On this imperfect and improper dietary, hundreds

and thousands of young folks are fed, to the detriment of their health, activity, and powers of application to their duties. I find this diet scale is deficient in nutritious matter, in vegetable acids and salts, and in bone-forming material ; whilst injurious drinks, like ale, tea, and coffee, are almost forced on the assistants, as there is nothing else to drink but perhaps cold water, which few relish, and even that water hard, or possibly impure. Such a dietary leads to constipation, from which comes heaviness, dullness, lassitude, want of energy, tiredness and low feelings. Piles, varicose veins, varicocele, and ulcers of the legs may result from this costive condition. Deficiency of fruit, acids, and vegetable salts, tends to eczema, acne, boils, pimples, and sores. The improperly-constructed dietary also fills the system with waste, and may lead to the development of any disease; from simple fever, to smallpox, rheumatism, or inflammation of the lungs.

REMEDY.—Parents will do well to enquire into the dietary of large places of business before sending their sons and daughters there, or they may cause them to acquire the beginnings of disease which result in chronic illness or death. Shop assistants are recommended to copy out this article and enclose it in an envelope to their manager, requesting him to make the alterations I shall suggest. If this article is sent in, accompanied by a largely-signed paper, it will doubtless obtain the desired result, as business managers will find it to their interest to feed their assistants as I recommend :—On the breakfast table, porridge and milk should be served wherever practicable ; brown bread, cocoa, and milk and water should always be there. On the dinner table, brown bread and another vegetable besides potatoes should always find a place, such as cauliflower, cabbage, parsnip, carrot, turnip, &c. Stewed prunes and boiled rice make a pleasant second course. Two or three days a week, macaroni, together with vegetables or stewed prunes, might be put on the table. At tea-time cocoa should be provided. At supper, cocoa, milk and water, porridge, and cold milk puddings with raisins in them should find a place. Brown bread should always be plentifully supplied by large business firms. When employers will not supply these things assistants must buy them for themselves. Instead of buying pots of jam, buy fruit and nuts ; apples,

oranges, Barcelona nuts and walnuts are more valuable foods for those engaged in business, than jam, potted meats, and animal relishes.

N.B.—There is no need **for** assistants to drink beer, wine, spirits, or to smoke. They should have a good walk every night after business hours, and on Sundays and holidays be out in the open air as much as they possibly can ; an hour's walk every night is very beneficial. They should keep the bedroom window always open a little at night, and never let a week go by without having a good warm bath. If they can get the food I have named, and will obey the hygienic rules, and not smoke nor drink, they will be as healthy as anybody.

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## HEALTH HINTS FOR SERVANTS.

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Servants, as a class, come from the country, are born of healthy parents, brought up on plain and wholesome food, get good air, and are consequently of strong constitutions. Could they only continue this simplicity all their lives they would live to be old and have healthful existences. As it is, in spite of their early training, a few years in gentlemen's houses upsets a great many of them. The poorer the houses they go to the more chances have they of keeping well, whilst the greater the house the more ill-health they usually have. The causes of this condition of ill-health are not difficult to find. First, with regard to food, this is changed for the worse; instead of the plain, wholesome, and nourishing food they used to eat, they now get fish, flesh, and fowl in abundance; instead of eating a little meat only once a day, at most, they have it at breakfast, dinner, and supper. This is not always plain roast and boiled, but made up into tempting dishes, and every inducement given them to over-eat. The bread is of the whitest, and they eat all kinds of sweets that are made rich with fat, grease, sugar, jam, and other disease-producing materials. The drinks they take are also health-destroyers. At home in the country they would get a little ale occasionally, but in service there is always beer on the table at dinner and supper, and sometimes at lunch as well. Moreover in some houses, wines and spirits are allowed. Servants have often to take their meals at irregular hours, for they cannot get them at fixed times on account of their work. Many would like to live rationally, but they have not the opportunity; they must eat what is put before them or go without. I think that if masters and mistresses were made

aware of the desire of their domestics to obtain simpler and healthier food, they would see that they got it. Or again, there are many houses where the gentleman and his wife adopt a simple life, and they find it difficult to get their servants to do the same. Thus the cry comes up from both sides. If only those persons who believe in hygiene could meet with servants who are in that way inclined, it would be better for both masters and servants. With regard to exercise, servants in small families get plenty. To have to do most of the work of a medium-sized house requires all the time and energy of a servant, and so she does not suffer from want of exercise. But when we come to large houses with their division of labour, and note the condition of things there, we find it anything but healthy. Footmen and indoor male servants do not obtain much real active exercise; they may go out for a drive with the carriage, or they may be fairly busy indoors, but active outdoor exercise they do not often obtain. Domestics, too, are not allowed out more than once a week or once a fortnight for a few hours. This is a mistake. Mistresses who want to keep their servants, and to have them healthy, cheerful, and obliging, should let them out an hour or two whenever opportunity affords.

The way in which servants are usually housed must be condemned. In London, where rooms are valuable, and there is not much space, any dark hole is reckoned good enough for them. I have been in some of their bedrooms that I would not put a dog in if I wanted to keep it healthy. They often have to sleep in dark rooms, on the basement, or in some little attic where one could not swing a cat. The air they breathe is consequently impure. Coughs, colds, and chest complaints often arise from this state of affairs. In many houses there are conveniences for the servants to have a warm bath once a week. This is as it should be.

*N. B.*—Those servants who will keep to simple food in the midst of plenty will have the best health. If they can resist the meaty and other heavy dishes supplied them, it will be all the better for their health and comfort. Brown bread must be preferred to white when it can be got. Vegetables and fruit should always be preferred to the heavier dishes. Strong tea and coffee are to be avoided, as

well as beer, wines, spirits, or other stimulants. Those servants who can by any means go out for a daily walk should do so. Some may get out early in the morning, others at night ; let them do so by all means when opportunity offers. Fresh air must be breathed always ; the kitchen and bedroom windows should be kept open two or more inches in all weathers. A weekly bath should always be taken. If these rules are carried out as nearly as possible, servants will enjoy good health, and their lives become as pleasurable as it is possible under their circumstances.

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## THE PIG AS HUMAN FOOD.

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The Germans have a proverb to the effect that "A man is what he eats," and if we apply this to the subject of our article we may say that a pig is what he lives on. We know from practical experience that the pig eats dirtier food than any animal; no filth is too foul for him. Abroad where he can roam about in the forests, he eats wild nuts, acorns, and a variety of ground nuts; but, as a whole, the pig is a dirty feeder. In the country pigs are fed on swill, which is composed of dish water, scrapings from plates, potato peelings, apple peelings, and refuse of all sorts. Rotten potatoes, rotten apples, waste of any kind is given to the pig. When he is being fattened he is fed on fat-forming food, as peas meal, barley meal, Indian corn meal, and buttermilk; but before fattening on refuse of any kind. In towns they are not fed so well as in the country. I have seen them in a knacker's yard eating the entrails and refuse of dead horses: and there is a story on record of one pig-keeper contracting for all the old poultices from a hospital—this I have on good authority. I have seen pigs root up the buried entrails of a fowl and eat them greedily. In America I have been told they will follow cattle which have been fed on corn, and eat their excreta for the undigested corn in it. The pig cannot be called the scavenger of the world, as man eats him, and so becomes the scavenger himself. This animal is not clean at home, his sty is very often ankle deep in decaying straw, mixed with his own droppings and urine. His exercise is limited to a few feet or yards each day. His life may be said to consist of eating refuse, sleeping and making fat out of the stuff given. His skin is dirty and scurfy, rarely getting a wash, and altogether he leads a most unnatural and unhygienic life. The consequence of this improper living is a diseased body; the pig of civilisation

may be said to be in a state of chronic disease. To try and clear the system from impurities Nature establishes six or seven small running sores in the fore feet on their inner surface. It is very unusual to find a pig without them, and it is not an appetising thing to remember that when we eat bacon or ham we are eating part of a case whose feet were ulcerated. In consequence of the dirty feeding habits of pigs they are often infested with parasites. That most to be dreaded disease, trichinosis, is derived from the pig. This animal eats refuse in which the eggs of the parasite lurk; the trichinæ are set free in his stomach, migrate into the muscles by the thousand, and produce what is known as measley pork. If man eats of this, and if every part is not thoroughly cooked, he brings on himself this most terrible disease, and one for which we doctors can do nothing. It is common in Germany, and we have had some outbreaks in this country. The tapeworm of the pig, or that got from eating his underdone flesh, is more difficult to get rid of than the beef or mutton tapeworm, as it has a circle of small hooklets on its head by which it attaches itself to the intestines, and so is hard to dislodge. In consequence of plenty of food and little exercise the pig soon becomes fat, and were he not killed when he is, he would die from apoplexy or from fatty degeneration of the heart. Fat animals are diseased animals, be they cows or pigs, and he who eats their flesh is eating waste or disease that their systems could not get rid of.

Now what is the result when man eats of the flesh of this dirty animal. In the first place the flesh of the pig, called pork, is very hard of digestion. It takes from five to six hours to digest, and thus uses up a great deal of vital energy which could be used for other work; ordinary lean beef or mutton only takes three hours to digest. For this reason only very strong persons can eat pork without being upset. Pork being rich in fat, causes acidity of the stomach, heartburn, indigestion, and bilious attacks. In some cases it gives rise to acute dyspepsia, and vomiting. If eaten for supper it causes nightmare, horrible dreams, and sometimes even death. The Shakers, as a community, found after they left off eating the flesh of pig, that cancers and tumours were less common among them. The morning rasher that people eat is taken chiefly for the salty flavouring,

and is a most unhygienic food. The insipid white bread that many people eat wants something to help it down, and so salt bacon is called in. Would people eat brown bread they would need no relish with it. Tobacco, alcoholic liquors, spices, condiments, sauces, mustard, &c., destroy the taste, so that ordinary foods are said to be flavourless or tasteless without them. Consequently strong tasting foods, such as pig's flesh, must be eaten, or else they have no enjoyment from their meals. For myself I live so simply that lard in pie crust almost makes me sick, and pig in any form or shape I have not tasted for many years. Looked at from a scientific and practical point of view, no person who values his health and his life can afford to eat pig in any form, be it bacon, ham, pork, or sausage.

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## POPULAR FALLACIES ABOUT FLESH.

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There are a number of fallacies floating about the country concerning flesh food, and as many of the delusions are popular and wide-spread, people on that account often believe in them. My purpose in writing this article is to destroy some of these delusions, by relating the full facts of the case. The first and greatest fallacy encountered is that meat, or the flesh of animals, is a necessity for man. Three-quarters of the world's inhabitants rarely touch fish, flesh, or fowl, but draw most of their nourishment directly from the vegetable kingdom. The flesh of animals contains nothing that cannot be got better and cheaper from fruits, grains, and vegetables. Flesh is only grass, or other vegetable matter, second-hand, and as for being the essence of vegetable substance, or concentrated vegetables, it is not. On the contrary, flesh is poor in sustaining qualities, and contains little nourishment. Meat consists of nearly 12-oz. of water in the pound. A pound of peas, beans, lentils, or macaroni, is equal in food value to four pounds of flesh meat, and one pound of these foods will give more force to the body for hard work than four pounds of flesh will. Let my readers try the experiment, and flesh will lose its hold on their minds as being a food of much value.

After solid flesh we will consider meat soups and essences. These are regarded as being very nourishing, in fact they are looked upon as if they contained all the nutriment of meat in a small space. This is another delusion. Beef tea, mutton broth, chicken broth, rabbit broth, veal broth, shin of beet soup, and all the rest of the animal soups, and broths, contain very little nutriment. They contain less nutritious matter than an equal quantity of milk, and a good deal less nutriment than an equal quantity of well made wheat meal porridge. For soups to be at all nourishing, they must be thickened with barley, or other grains, or vegetables. As for meat essences, they are more than useless, as they contain waste matter of all sorts, which floods the system with stuff it cannot use. The use of animal broths and meat essences in sickness will tend to keep the person ill

longer than if he never took them at all. As for ox-tail, turtle, and other like soups, they must all be put down as very poor and very high priced articles of diet.

Oysters are reckoned very nourishing and light of digestion. This is not so, they only contain about a fifth of their weight of food, or even less than that. Therefore, to get nourishment from oysters you have to pay more than from 5s. to 15s. a pound for it, and then it is inferior to that got from good wheaten bread. As for being easy of digestion they take as long to digest as any other raw flesh food; that is, about three hours. They are swallowed whole, and therefore by not being properly chewed, they take longer to digest than well-masticated food. That they do not lie heavy, or cause inconvenience, is because they are taken raw, in small quantities, and usually without other things to upset the stomach. Let other foods be taken in the same quantities, and in an equally simple way, and more good will be got. As for stout and oysters combined being nourishing and restoring, the reverse is the case. The simplicity of the oyster meal is upset by the stout, which more or less coagulates the albumen of the oyster, and makes it harder to digest; the stout also delays digestion by precipitating the pepsin or active principle of the gastric juice, besides inflaming and weakening the stomach.

As for chicken, lamb, and poultry being light foods, they take, on the contrary, even more time to digest than plain beef or mutton, and are not one bit more nourishing. Lastly, we have fish fallacies, that fish is good brain food, or that it is a lighter food than meat. It is not a better brain food than meat, does not contain more phosphorus, but it is a little easier of digestion as it contains more water, and is, therefore, more easily broken up by the gastric and other juices. For brainwork it is inferior to wheatmeal bread, which really contains phosphates in abundance. If such fish as salmon, eels, and mackerel are eaten, then the effect is like eating fat meat, as their flesh contains so much oil. Weight for weight, fish, flesh, or fowl, contain less nutriment than good wheaten bread.

## THE BEEF-TEA DELUSION.

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One of the most popular falacies in this country is about the goodness and sustaining properties of beef-tea. It is supposed to be the sheet anchor in disease, and as long as peops get it they imagine they are taking one of the most nourishing and satisfying foods possible. Never was there such a mistake; beef-tea is one of the poorest, least nourishing and least sustaining of foods, and far inferior to gruel or to milk. To show the truth of what I assert, plain facts shall be given. Before doing so I may state that our medical papers have shown up the fallacy again and again, yet doctors still order it, and sick persons still look to it as a good food.

There are two kinds of beef-tea—first, that made from the extract which is asually sold in pots at a fabulous price; second, that made from fresh meat. In making the extract seen in pots, they say it takes forty pounds of meat to make one of extract, and many imagine that it contains the goodness and strength of these forty pounds. Instead of containing *any* goodness it contains *all* the refuse or excrementitious matters which would have been thrown out by the kidneys in a few hours if the cow had lived. As the *British Medical Journal* puts it, beef-tea thus made has much the same composition as urine—a pleasing idea this. In making this extract all the fat is skimmed off, and away goes the heat and force-forming matter. The flesh is then boiled, and the juice strained off, the flesh being afterwards used as manure, and thus the muscle-forming part of the flesh is thrown away. What is left is a mixture of excrementitious matters and salts. These excrementitious substances are called urea, leucosin, tyrosin, sarcolactic acid, xanthin, &c., and are usually found in human urine whatever the food be. Now what is the value of these extracts? When used at all they should be taken simply as flavouring matter; better still, let one have nothing to do with them. The next kind of beef-tea is that made at home from fresh lean beef. This is cut fine, put in a jar; this is placed in the oven, and in an hour or two a table-spoonful or so of thick fluid is poured off, which forms a jelly when cold, and this is supposed to contain the nutri-



ment of the pound of flesh. It is very little better in nourishing power than extract, as this jelly has been found by experiment to be capable of giving very little force or heat to the system.

To test the value of gelatine or thick soups, some experiments were made in Paris over forty years ago. Two sets of dogs were experimented on. The best beef-tea that science could make was made, and one set of dogs were fed on it, whilst the other set of dogs were fed on the refuse left after making beef-tea for the first set. The results were that the beef-tea fed dogs died from slow starvation, whilst those fed on the refuse lived on and seemed little the worse for the experiment.

Doctors often order beef-tea because they think it nourishing, or else because they would lose their patient if they did not. When I wish to lower a patient I order him beef-tea; but if I want to nourish him I order it to be made with barley, rice, carrot, turnip, onion, &c. These are they that supply the necessary nutriment, and not the beef. An inquiring person may want to know why patients then so often recover whilst taking it. To this I reply, that they do not live on beef-tea alone, but get bread, fruit, gruel, milk, &c., these nourish, but not the beef-tea. Again, during illness, the stomach can rarely digest any food, and the body has to live on its tissues: we know that the body has done so, as illness always reduces the weight. In sickness I always order a gruel made from wheatmeal, oatmeal, or rice, sago, or tapioca, with milk. When soup is desired, beef or bones may be used as a flavouring, but I always tell my patients to add lentils or peas, pearl barley, or rice, and some celery, onion, carrot, turnip, or other vegetables. This soup forms a jelly when cold, as it contains the soluble starch, sugar, and albumen, and is very nourishing. It may be strained through a sieve, and what vegetables can be rubbed through may be, so as to give bulk to it. This gives a really nourishing soup, and it should be eaten slowly with bread. Let my readers try this instead of beef-tea, and they will soon find that it is much more sustaining. Rabbit, chicken, veal or mutton broth are starvation foods unless made as above directed.

## SALT-EATING.

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The practice of salt-eating is almost world-wide. No doubt, first started as an accident or peculiar taste, it spread, and is now kept up like many other evil things, because it has the sanction of usage and antiquity. The habit of eating salt is an acquired one, as any one may judge for himself if he will only give it up for a time and then try to take it up again. Animals in a natural condition will not usually eat salt, nor will the untutored savage. Civilised man has accustomed himself to eating salt, but he is no better for so doing, but, on the contrary, is injured by it. It is related of Peter the Great that he tried to accustom his sailors to drinking salt water instead of ordinary water, so that they might not die of thirst when at sea, but his experiment failed, and many died during the trial as a consequence. Common salt, called, by the chemist, chloride of sodium, is a mineral widely distributed all over the earth, and is found more or less in all water, but more especially in sea water. It is part of the mineral matter of most plants, and of the fluids of most animals. Being thus found in the mineral, vegetable, and animal kingdom, I may be asked my objection to its use, seeing also that it is usually a constituent of the tears and the urine. My objection to salt is that it is a mineral, and therefore, should never be used. Man is not fitted for directly absorbing mineral matter, and if he takes such material, either as salt or in the form of medicine, he must do himself harm. The only way that man may take common salt or mineral matter is when it forms an actual and organic part of the food that he eats. In other words, the fruits, grains, and vegetables contain all the salt necessary for our systems, and if we add more, we err and do to ourselves an injury. The fact that salt is found in all our tissues and fluids is no argument, for the greater part of it got there after being added to the food. Again, if no salt be eaten, and yet it is

### *Salt-eating.*

found in our systems, we must know it comes through our food, and is kept in the system for the body's use. One might as well argue that because ashes are found in the fireplace, the fire must therefore be fed with ashes, as that because salt is found in the tissues, you must therefore eat salt. Persons who eat brown bread, green vegetables, salads, and fruits, obtain from these foods all the salt required by the system. A human being has no more cause to eat common salt than he has to eat phosphates of lime, iron, manganese, or any other mineral. The blood and tissues contain all these salts in solution, but that fact does not make it a necessity for us to eat them in their mineral form. Our system will abstract all it requires if we will only give it some of the proper foods before named. What results follow if we do eat salt? They are many and varied, but I will only mention a few of the more evident. Salt stimulates the appetite, causing us to over-eat, and from over-feeding come seven-tenths of our ailments. In the stomach salt causes acidity and heartburn. That it irritates the stomach we all know, for salt and water is a common remedy used to make a person vomit. Salt being very soluble in all fluids is quickly absorbed by the vessels of the stomach, and taken into the blood. As a consequence it thickens the blood, makes it denser than it should be, and causes the sensation called thirst. To quench this fluids must be taken. If only water is consumed, then digestion is delayed for half-an-hour, and the kidneys have to do more work. If tea, coffee, beer, or other injurious liquids are drunk to quench this thirst, then we must suffer from diseases produced by these fluids, besides over-taxing the said organs. Salt delays digestion, as much as will lie on a sixpence delaying digestion for at least half an hour. These are the commonest results noted by the general observer; other effects we do not fully know, but that diseases must arise from the habitual use of salt all careful physiologists admit. I have known cases of violent inflammation of the stomach traceable to its use.

Some one may ask, are there no diseases which will arise if we do not take salt in our food? To this I answer none; no disease can arise as a consequence of abstaining from salt. I may be reminded that prisoners were said to be devoured alive by worms in the prisons of Holland, because



the persons in authority stopped their salt. This I at once brand as an historical lie. I can never find any authentic authority for it ; it is an antique lie, but none the less a lie. Against this statement I can bring forward facts such as this, that I know living persons who for years have carefully abstained from salt in everything. Then salt does not prevent worms, neither tape worms, long worms, nor thread-worms, nor do standard books of medicine advise salt-eating as a preventive against them. Worms also come from pre-existing worms. With these facts before me, I am justified in branding the Dutch story as an unvarnished lie. The moral I want my readers to draw is, to use salt moderately—the less they use the better they will be, and do not force children to take it, nor tell them it is necessary.

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## SALINE STARVATION.

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In my article against salt-eating I mention that no one has any more cause to eat salt than he has to eat phosphate of lime, or other mineral matter. I now propose to tell my readers how they waste much valuable mineral matter which their systems require, and how they may remedy this. We find that the usages of society prescribe that foods shall appear in certain forms, or of certain colour; to attain these conditions, foods are broken up in various ways and only parts of them put on the table to eat. Very few foods reach the table as prepared by nature, but are disguised in various ways, altered, but never improved.

Mineral matter is required by our systems to build up the bones and the teeth, and also to keep the blood of proper consistency so that it may obey well-known mechanical laws. The want of mineral matter from the blood is very injurious, and many diseased conditions of the body thus arise. In childhood, absence of mineral salts in the food leads to rickets or softening of the bones. This rickety condition is the cause of bowed legs, or pigeon chests, and of water on the brain. If a child does not get food containing a fair amount of mineral matter it is backward in cutting its teeth, and in walking; and if this condition of things continue, then the body remains short and stunted instead of remaining a proper height. The decay of women's teeth during pregnancy and suckling is explained thus: Her offspring requires bone-forming material for its bones, and as the mother does not eat enough mineral matter in her food, the system takes it, what it can from her bones and teeth, to nourish the child, and the consequence is that the mother suffers, and the child more or less as well. Other results of deficient mineral matter in the blood are various skin diseases. The scurvy, at one time a very common complaint, and now not uncommon, was brought about entirely by the absence of mineral matter in the blood. Fruit and vegetables soon cure it. Any sailor can testify to this. Eczema and other skin eruption often arise from the same cause, and are cured by fruits, vegetables, and green stuff. Gout, rheumatism, and hardening of the cartilages round the joints and

other places are due to excess of lime salts. These diseases arise because the foods men eat are tampered with, certain salts are left in them that the system cannot well use, and so remain in their bodies, and cause trouble by being deposited round the joint, as sand or stones are about projecting rocks or windings in the rivers.

How does this saline starvation arise? I answer, chiefly by the mutilation of foods, and secondly by cookery. The mutilation of foods is seen when we grind wheat and throw away the bran, which contains nearly all the mineral matter of the grain. Also when we eat fruits, without their skins. Cookery has much to answer for; when vegetables are boiled, the water dissolves out the soluble mineral matter, which is lost when the water they are boiled in is thrown away. This is the evil, what is the cure?

CURE.—This is simple. First, do not throw away the bran, nor separate it from the flour, but grind the entire grain as fine as you can, and use that as food. Thus you get the nourishment as nature sends it, whilst by means of cooking it is made easier of digestion. When eating fruits do not throw away the rind; the skins of grapes, gooseberries, apricots, peaches, plums, pears, apples, damsons, &c., should always be eaten. The rinds of purely-succulent fruits, such as oranges, lemons, melons, and pomegranates are better avoided, as they are irritants to the stomach, and do harm. The skins of cucumbers, tomatoes, and vegetable marrows may be eaten, also the skins of roasted potatoes. When vegetables are cooked they should be steamed rather than boiled, as steaming does not dissolve out the mineral matter as boiling does. A very little trouble is needed to make our present saucepans into steamers. Rivet two hooks into the pan near the top, opposite each other, swing a wire basket from these; and cook your vegetables in this. A small quantity of water at the bottom of the pan will generate enough steam to cook with. If these directions and rules are adhered to, my readers will not suffer from saline starvation, nor will they need to add much salt to their food to give it a flavour, in place of that which has been lost in the cooking.



## IS TEA-DRINKING INJURIOUS.

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Tea is a beverage that is used greatly in the United Kingdom, in our Colonies, in America, in Russia, and in China. The question arises in many minds, has it any injurious properties? Some would laugh at the idea of tea doing anyone harm, which nevertheless in the case. To properly study the question we must look at it from many sides. We must ask ourselves—1st, is the tea pure; 2nd, if not, what are its adulterations; 3rd, its temperature when drunk; 4th, the constitution of the person who drinks it; 5th, is the stomach empty or full at the time it is drunk; 6th, the time when the tea is drunk. Before looking into the question in detail I must make this positive statement, that tea of itself has no nourishing properties; in other words is no use or value as food. Physiologists tell us that it prevents tissue waste: they mean that it prevents the waste material in our systems being thrown out: if it does so, it must do harm. As a beverage the only nutriment a cup of tea contains is the sugar and milk that are added; and it is far inferior to cocoa, or to milk which are foods. The injurious effects of tea-drinking are due to the alkaloid of tea called theine, to the adulterations, and to the temperature of the water drunk. The theine, which is the active principle of tea, and a nerve poison, causes more or less paralysis of the heart, and unduly excites the whole nervous system. Tea is thus shown to be a nerve irritant, causing first a feeling of stimulation and vigour, but leaving dullness behind. It fills the mind full of ideas; but they are visionary ones, and not practical. Persons who drink very largely of it are often brown, thin, and shrivelled up. To many it is an actual poison, and they do not know it. Let any person give it up for a time and then take a cup of fairly strong tea and note the results. He will find first pleasurable excitement and rapid ideas, which are followed by trembling of the whole body, wavering over work, indecision, a want of confidence generally; and a frontal headache is the final result. Tea is the great cause of in-

digestion, especially if strong, as the theine of the tea throws down the pepsin from the gastric juice, and so prevents its action. If a meat tea is taken, the tannin, or bitter part of tea hardens the fibres of the meat and prevents it being dissolved. When the tea is absorbed by the system it causes more or less wakefulness, as is well known, for persons wanting to keep awake drink strong tea. Those who are restless at night may take a hint and never drink tea in the evening. It affects the heart's action, causing unnecessary excitement of that organ. Its action on the nervous system is bad, as it tends to cause palsy or loss of power over the muscles. Men have been tea-drunk, and staggered about as if drunk from spirits. These are the chief effects. All persons who are nervous, timid, shy, or who suffer from loss of energy, want of memory, will power, or of firmness of character, should avoid it. Its action on the reproductive system, especially of men, is bad; and it causes loss of manly vigour more than many drugs.

The adulterants used in making tea look good are injurious; they are chiefly salts of iron,; sometimes Prussian blue, black lead, &c. When much adulterated the tea-drinker has to suffer two evils instead of one.

The last part of our subject is the temperature of the water with which it is made. If the tea is taken scalding hot, it causes loss of taste, cracks the enamel of the teeth, and relaxes the throat. In the stomach it causes congestion, and if disease is present, sets up violent pain at once. If a healthy person habitually drinks hot tea, coffee, cocoa, or even hot water, he weakens his stomach and makes it irritable, besides which the bowels become of an inflamed tendency, and diarrhoea and colic are set up.

Much tea is one cause of a red nose or red eruption on the face. If the stomach is full when the fluid is taken, it delays digestion for some time. In summer, hot tea relaxes the pores of the skin and makes a person perspire very much. Those who drink tea must not take it hot, but should wait until the heat has nearly left it, and drink it only lukewarm. The habit country people have of pouring the tea into their saucers is good; it is not fashionable, but it is more healthy than drinking it scalding hot.

Here is the best way I know of making tea. Warm your pot, put the tea in an ordinary jug, so much for each person, bring the water to a boil, and, as soon as boiling, pour the hot water on, allow to draw for three minutes—never more than five—and pour off into a warm teapot. By this means you do not get the tea too strong : it is also always of one strength, and by not soaking too long, you leave some of the injurious matter in the tea leaves. It is more expensive and wasteful than the ordinary way, but less detrimental to the health.

To sum up, tea-drinking is injurious, and should never be indulged in ; all are best without it. Never have it strong nor hot ; never drink it near bedtime ; never take it if going to do fine bodily or mental work of any kind, and do not give it to children at all.

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## SIMPLE FEVER.

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Under this heading may be described many of the feverish attacks that children have. Such attacks last a day or two, upset the system for the time, and then all goes on well again.

CAUSES.—Simple fever, as it is called, may have many causes, such as catarrh, or slight inflammation of any organ or part. Thus a little sore throat may cause feverish symptoms, but not sufficient to class it as quinsy or acute tonsillitis; mild bronchitis, mild inflammation of lungs, catarrh of stomach, &c., may all cause a little upset of the system, and the attack not being very severe or lasting, we call it simple fever. In the same way, very mild attacks due to the poison of measles, scarlet fever, or even small-pox are sometimes seen. The person did not breathe enough of the poisonous germs, or else the system was in a fair condition, and so the attacked one escapes with mild feverish symptoms. Indigestible food, worms, and constipation may occasionally give rise to feverish symptoms.

SYMPTOMS.—The first symptoms of this complaint may be by headache, listlessness, and uneasiness generally. The child will not play, wants to be quiet, and complains of feeling cold. There may be a little vomiting and a rise in temperature. The fever rarely goes higher than  $102^{\circ}$  Faht. There may be a little wandering or talking in the sleep, and starting during the sleep, or only simple restlessness. The skin is dry, there is frontal headache, the limbs ache, the tongue is furred, thirst is complained of, and food is not cared for. The bowels may be either costive, or relaxed, and the urine scanty and high coloured, and throw down a sediment on standing. The pulse may rise to  $120^{\circ}$  or

more. There may also be a little cough, sore throat, or other symptoms.

TREATMENT.—As most infectious fevers and inflammations begin like simple fevers, it is always wise to treat every mild case as if it were a severe one. By taking these things in time we may cut short a severe attack and make it a mild one, while if the attack turns out a serious fever, then we have lost no time, as the treatment adopted for one fever is good in all. The first thing to do is to give a warm bath and put the child to bed. Two baths, one night and one morning, must be given daily until all signs of feverishness are gone. The bedroom window must be kept open at least two inches, and if the weather is at all cool a small clear fire may be kept burning, as this ventilates the room, and ensures good air being breathed. The food must be of the simplest, and only given at regular intervals. I usually keep my patients on a cup of milk and barley water every four hours, until the worst symptoms are past. Then I allow gruel, or bread and milk, or rice, sago, tapioca, or custard puddings, and plenty of fresh ripe fruit; the acid fruits, as apples, oranges, pears, strawberries, plums, &c., are always liked best in feverish conditions. For drink the patient may have plenty of boiled and filtered water, lemon water, toast water, or acid preserve water, the thirst is always better quenched by a little drink taken often, than by large draughts of liquid. When appetite returns simple food should be given, but not the stronger kinds until health is fully re-established. No medicines, drugs, purgatives, powders, nor so-called cooling medicines are required, or other complaints may be set up, and the simple disease be turned into a severe one.

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## MEASLES.

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Measles is usually a disease of childhood, and not many children escape it ; it occasionally attacks grown-up persons. It is a contagious disease, and spreads from child to child, or from house to house. A child may have it more than once ; I have known many children to take it three times. It is not a necessary disease, and when possible it should be avoided. Many parents are of opinion that a child must have the measles sooner or later, and therefore when one of the family has it the others are deliberately exposed to it so that they also may take it. This is wrong ; you might as well expose your children to scarlet fever and to small-pox, as to measles. The complaint is due to the presence of a germ which, absorbed into the blood, sets up a kind of fermentation, and gives rise to the familiar symptoms. For descriptions' sake, we will divide the disease into three stages :—1st, incubation ; 2nd, actual attack ; and 3rd, convalescence.

**INCUBATION.**—This means the hatching of the disease, or the interval between exposure to infection and the appearance of the character and symptoms. This interval is from ten to twelve days. During this time there are signs of fever only ; the child may be a little out of sorts, refuse its food, and be a little restless at night, but not many symptoms of measles are seen, except a little catarrh, or running at the nose.

**ACTUAL ATTACK.**—The disease begins with cold shivers, vomiting, aching pains all over the body, and feverishness. There is usually a cough, running at the nose, and inflamed eyes. The eruption is first seen on the forehead and face, which becomes red and swollen. From the face it spreads to the chest and body, and, afterwards to the arms and legs. Observers calculate that it takes about three days for the eruption to come and go. It comes first on the face, and leaves there first ; the eruption is in the form of irregular and somewhat circular spots. With the eruption there is a



furred and coated tongue, which may be whitish or even yellowish; the pulse runs up to  $120^{\circ}$  or more; and the temperature of the body may be as high as  $103^{\circ}$  or  $104^{\circ}$  Faht. There is great thirst, restlessness, and tossing about in bed, and more or less delirium or talking in the sleep. The bowels may be costive or relaxed. There is usually no desire for food, but a craving for cold water. The urine becomes high coloured and scanty, and, when cold, throws down a thick, reddish sediment. During the whole of this time there is a constant tickling or hacking cough, the eyes are inflamed, and the nose runs considerably.

CONVALESCENCE.—Recovery begins as soon as the rash appears, the temperature then falls; diarrhoea, profuse perspiration, or bleeding at the nose may occur at this time, but will soon stop, even if left alone. With care the cure is rapid, and the child may be little the worse for the attack.

TREATMENT.—The treatment is very simple, and if carried out there need be no fear of death or ill results. The mortality from measles varies from 2 to 12 per cent. under ordinary allopathic treatment of those attacked; and more die under two years than at any other age. Under hygienic treatment the mortality is not 1 per cent. As soon as you are aware that the child has measles separate him from the other children, and put him in a room at the top of the house if possible. From this room remove the carpets, curtains, and all unnecessary furniture. Light a fire in the room and keep it always burning, both night and day. Open the window at the top at least two inches, and keep it open during the whole time the child is in that room. Give a warm wash all over, morning and night, using no soap; simply sponge all over, and dry with a soft towel. Keep the child in bed whilst the eruption is out, but do not cover with too many clothes, and there is no necessity to clothe in red flannel. Allow a small cupful of milk and barley-water every four hours until the worst symptoms are over. Then the food must be of the lightest, such as bread and milk, wheatmeal gruel, rice, sage, tapioca, or other puddings, bread, vegetable soup, but not greasy meat broths, and such things. For drink he may have plenty of filtered cold water, lemonade, toast and water, barley water, acid preserve water, or whey.

Continue the bathing twice a day until all eruption has gone then give a warm bath at night only. About a week after the eruption has disappeared the child may go out for exercise. He need not be kept in bed after the eruption has gone, but can get up and play about a well-ventilated room. Spreading carbolic acid, chloride of lime, &c., about the room is a mistake ; no disinfectants—so called—are needed, pure air is the best and safest. As the body linen is taken off it should be put in boiling water for a quarter of an hour ; this will kill the measles germs. All bed and body linen should be thus treated. When the child is well, wash everything in boiling water, burn sulphur in the room, and then leave open to the wind for a week. This will purify it and make it habitable again. A child must not mix with the others for a fortnight after the eruption has disappeared, nor return to school for a month.

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## SCARLET FEVER.

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Scarlet fever, and scarletina, are but two names for the same disease. It is a highly infectious fever, mostly seen in children, and is known by a fine scarlet rash, sore throat, and the peeling of the skin on approaching convalescence. It is most fatal from the second to the fourth year, and is one of childhood's most dangerous diseases. The mortality is about ten per cent. under ordinary allopathic treatment, but not two under hygienic care; under allopathic treatment we expect rupture of the eardrums and deafness, or severe kidney disease, or swelling and suppuration of the glands of the neck. With hygienic treatment the chances of all these evils are greatly reduced, and bad after-symptoms are the exception.

Incubation, or the stage of hatching, is from three to four days after exposure to infection, during which time there may be a little sore throat, restlessness, feverishness, and no desire for food. As this disease is often carried by milk, it is always advisable to boil all milk before using it. Like measles, it is a germ disease.

ACTUAL ATTACK.—This comes on with cold shivers, or rigors, as we medically call them. There may be convulsions, or even unconsciousness. There is much headache, languor, feverishness, and sometimes vomiting. At night there is delirium or rambling and restlessness. The eyes may become a little red; there is pain in the throat and difficulty in swallowing, and even in breathing; the tongue is furred, whitish, with red spots on it; and there is much thirst. The pulse rises to 120° or 150°; the temperature runs up to 104° or 105° Faht. The urine becomes scanty and high-coloured, and the bowels are usually relaxed. The rash is seen first on the neck, top of chest and lower part of face, and thence it spreads to the body and the limbs. It is fully out all over on the fourth day of the fever; it begins to fade on the fifth day, and is gone by the sixth



day. Scarlet fever rash is very fine, more like a very fine redness of the skin than anything else, and comes out all over at the same time. Measles is a coarser rash, and is seen more in patches. The throat is inflamed from the very first, the tonsils and whole back of the throat become red and swollen; a thick mucus is seen upon them, with, at times, a kind of grey skin. This inflammation causes the eustachian tubes leading from the ear to the throat to be blocked up, matter may gather in the inner ear, break the ear-drum, and cause more or less deafness, and a discharge from one or both ears. The glands of the neck may also enlarge, and in many cases will gather and burst. Very often the throat becomes almost closed, and when the child tries to swallow, the fluid runs out of the nose. There is also nasal catarrh in this disease. The kidneys become more or less inflamed and blocked up, and a little dropsy usually sets in about the tenth day. From the fourth to the seventh day the skin begins to peel; it comes off in fine flakes from the face and body, like scurf, but from the hands and feet it comes off in large pieces, and makes the fingers and feet look very shreddy whilst they are peeling. This peeling may last for two or three weeks, and there is danger of contagion all the time it lasts. It is not safe for children to return to school under six weeks or even two months after the rash has disappeared.

AFTER RESULTS.—Unless scarlet fever is carefully treated many bad results may follow. First, the throat may be badly ulcerated, and the glands of the neck swell or gather. Diphtheria may follow the sore throat. Gathering of matter in the ears and rupture of the drums with more or less deafness often result. There is sometimes a little inflammation of the heart sac, and even rheumatism may come on in some of the joints. Disease of the kidneys, and consequent dropsy are the worst result; acute kidney disease and death may soon follow, or more chronic kidney disease may be left, or much dropsy may be set up.

TREATMENT.—On this depends in a great measure the future health of the person attacked. Bad treatment aggravates everything, and makes after-ill-results more certain; whilst hygienic treatment allows of quick cure and few subsequent troubles. First isolate your patient in a

carpetless room, have the window always open two or more inches and have a fire in the room. Do not cover the patient with too many clothes. The great secret of successful treatment lies in giving two warm baths every day, one night and one morning: these lessen the fever, prevent rupture of the eardrums, keep away dropsy, and are curative in this disease. For food give milk and water, bread and milk, gruel, milk puddings; for drinks allow barley water, toast water, or acid preserve water. If the throat is very sore a little ice may be sucked. No fish, flesh, nor fowl must be given until two months after complete recovery, so as to allow the kidneys full time to right themselves. The warm baths must be given twice daily until the rash has completely gone, and then a tepid wash daily with a good soap until the skin has stopped peeling. Whilst the skin is peeling, a little olive oil may be rubbed all over the body daily to prevent the dry scales coming off, floating in the air, and spreading contagion. Place no disinfectants about the room except Condyl's Fluid. Boil all the bed and body linen in hot water as soon as removed, to destroy the infection. After the persons are well, the room must be hermetically sealed, sulphur burned in it, and then the room left open to the air for a week. The wall paper should be removed and a fresh one put on. It is always well, after touching a patient or anything in the sick-room, to wash the hands in hot water; and everything used in the sick-room should be put in boiling water before being again used. All drugs are injurious in this disease and should never be administered.

## WHOOPIING COUGH.

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This is also called chin-cough, or kink-cough. It is an infectious disease, chiefly affecting childhood, and is accompanied by a very peculiar characteristic cough.

The usual duration is from six to eight weeks; it occurs mostly in spring, when epidemics of the disease are frequent. It is infectious from one child to another, and is generally caught at school, or from playing with other children who have it; or it may be sometimes carried from one house to another by visitors. It is infectious all the time it lasts, so that children with it should be kept from mixing with other children, and their body linen should be put into boiling water, just as much as if they were suffering from measles or scarlet fever. It is most common in children under eight years of age, and the younger the child the more dangerous is the disease. It is most fatal in the first year, less so in the second, and much less so after this age. Girls suffer more than boys, and more girls than boys die from it. This I believe is due to the fact that male children get out more, and are stronger than female children of the same age. How the case will end depends on three things—the age of the child, its condition, and the treatment. The younger a child is, the worse for it, as in this, like other infectious diseases, the younger the infant the less strength it has and the less resisting power. If a child is not weakened by previous disease, and has a fairly strong constitution it should recover. But if the child is delicate, or is suffering from or has just recovered from some other complaint, then its chances are less. Lastly, as to treatment. Keeping children in close, hot rooms, and coddling them up, and feeding them with meat juices, &c., will lessen their chances of recovery. Lung complaints often follow whooping cough, but if parents will carry out the rules I advise, these will not happen. When it attacks



grown up people it is more troublesome than dangerous. A friend of mine who had it when about twenty-five states that when the attacks came on it was as if someone had seized him round the throat and would not let him breathe.

**SYMPTOMS.**—About four to ten days after a child is exposed to infection the symptoms appear. The first thing noticed is a little feverishness or cough, and the child is fretful and irritable. The appetite may fall off and the child be weary and languid, and not play about as usual. There may be sneezing and signs of a cold. The cough is an ordinary one at first, or may be a little croupy. In eight or ten days afterwards the peculiar sound is heard which indicates that the complaint is whooping cough. This cough or attack begins when the child is at play or elsewhere. The child stops what it is doing, catches hold of something, and begins a series of short hard coughs. This continues until all its breath is gone, then it draws more air with a peculiar noise, and coughs again. This may be two or three times repeated, until it brings up some phlegm; if a young child it may swallow this, if older it spits it out. During the cough the face becomes red, and the lips and fingers may even become purple. The attack often ends with vomiting. The child is usually exhausted by one of these attacks of coughing, and may require a few seconds to recover itself before it returns to play. The number of attacks a child may have during a day will vary; some children will only have three or four a day, some have an attack every hour, and some every half-hour. The more a child coughs the weaker it gets, and the longer it is in recovering.

**TREATMENT.**—Careful dietetic and hygienic treatment will make this a milder complaint than leaving it alone or treating it by drugs. The food must be of the simplest, as the disease occurs chiefly in children; a very bland and easily digested food is necessary. Bread and milk for breakfast and tea, and a little ripe fruit should constitute these meals; and for dinner a plain vegetable soup or stew, or rice, sago, tapioca, or macaroni pudding with stewed fruit. Meats, flesh, fish, cheese, raw vegetables, and rich greasy foods or meat extracts must all be avoided. - Feed regularly, and not too much at once, or else you start the cough. Children in arms should be put on milk and water only,

that is if they are weaned. Those who take the breast must be given it only every four hours. The air must be of the purest, the windows must be open night and day, no matter what the season or what the weather. The purer the air a child gets the less will it cough, and the fewer lung complaints will it suffer from. Some people imagine that whooping cough caught in winter never goes till May comes round. The reason of it going then is that the people open their windows, and send their children out more. Taking children to the gasworks, or burning tar in their rooms, or sulphur, or making other nasty stench, does no good. Where good is seen, it is not because this was done, but because the child was recovering of itself. One tepid bath a day is good. This plan will repay the time spent, in the rapid recovery of the child, and absence of any ill results whatever. Let the children play about as much as they can; all this aids cure. As for medicines, do not torture your children by things that do not cure, but make them worse. The observance of these directions will in six weeks safely carry children through this distressing complaint.

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## R I N G W O R M .

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This is a parasitic skin disease, seen most frequently in children, but occasionally affecting grown-up persons. In children it is seen chiefly on the head, but in men and women it most frequently attacks the body and limbs. The ringworm parasite is a kind of fungus or minute growth which infests the follicle or sheath from which the hair grows ; or it may be found in the tube of the hair itself. It is a contagious disease, and is commonly met with among school children, who communicate it by rubbing their heads together, or wearing each other's caps, and is often carried from one part of the body to another by scratching the head and then scratching somewhere else, and so carrying the parasites from one place to another. It begins in the form of small, red, round spots, slightly raised above the skin. The surface soon becomes rough and covered with fine dry scurf. The patches grow from the outside, continually getting larger, whilst the centre begins to get healthy again. The patch affected by the ringworm is usually covered with a fine scurfy eruption ; there are generally two or three patches seen on the head at once. Adults have this disease on the forearms, face, hands, or chest, and children also occasionally have it on these parts. When it affects the head, the hairs break off a short distance from the skin, and leave a patch more or less bare. Occasionally very small blebs of watery matter appear, and a kind of eczema is produced on the spot as well. Ringworm is not a disease attended with any danger, but is unsightly, and that is all.

CAUSES.—The cause of this disease is the ringworm parasite, which is carried from one person to another, chiefly by interchange of hats, caps, or other head gear, or by one person using the same towel with one afflicted with this complaint. Children may also



catch it in the manner I have mentioned ; or a child who has it can convey it to another with its fingers, which have the seeds of this complaint upon them from touching or scratching its own head, or other affected part.

SYMPTOMS.—Ringworm is known by the round patch of red, which keeps growing larger if left unchecked. If in the head the hairs break off, and leave a patch of scalp more or less covered with broken hair stumps.

TREATMENT.—The treatment must consist of three parts. Firstly, we must prevent the disease spreading ; secondly, we must kill the ringworm parasite, and, thirdly, we must improve the general health. To prevent it from spreading the hair must be cut short, that we may see how much of the scalp is affected, and so leave no part untreated. The head covering must also be seen to ; a loose linen or cotton lining should be fastened inside the hat or bonnet. This must be removed every other day and a fresh one put in ; that taken out may be burnt, or put in boiling water to kill any of the parasites that may be on it. This changing of the lining prevents them from spreading by new implantations. One reason why the Bluecoat School Boys go without caps is that this complaint may not spread amongst them, and this salutary measure is said to have been instituted many years ago, when it was very prevalent in their midst. Children who have this disease should wear a cap or bonnet as little as possible ; they will not take colds from going without head coverings, whilst the hair will be strengthened in growth by the practice. The second part of the treatment is to kill the parasite. This is most safely done by means of common black ink. The ringworm patch should be thoroughly painted all over, and even a little beyond, twice every day—say night and morning—with a soft camel's hair brush. Once a week the head may be washed and examined to see how the cure is going on. The ink must be used until the part is thoroughly well, and until the hairs have begun to grow again. To improve the general health, plain food, with plenty of fruit, vegetables, and brown bread must be eaten. Exercise should be allowed in plenty ; fresh air must be admitted into all the rooms both day and night, and a warm bath given weekly. Lastly, no abomination like cod liver oil, nor so-called tonics, must be administered.

## MANAGEMENT OF THE HAIR.

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Those races which live an uncivilised or semi-wild life allow their hair to grow as long as Nature wills it. The reason for this is to protect the head, neck, and ears, for, living as they do, they become exposed to winds, frost, and rain, and, lying and sleeping on the ground, they become subject to deafness and other complaints unless the hair is allowed to remain as long as Nature made it. Women in civilised communities wear their hair long because it is the fashion; they do not usually allow it to hang down, but arrange it in ever varying coils, twist it round their heads, and make it into heaps, which keep the scalp hot and uncomfortable. Nature, no doubt, meant our hair to grow long to protect our heads, necks, and ears, but with the resources of our civilisation there is little necessity for this.

What are our duties to our heads is very vaguely known. Most people look upon heads as things to put hats upon; and as a consequence much baldness results. The more our heads are uncovered the stronger will be our hair, and we shall also suffer less from premature greyness and baldness. It is, no doubt, the keeping the head in a kind of steam bath that causes the hair to fall out and leave us prematurely bald. I look upon head coverings as a nuisance, and when I conveniently can, I carry my hat in my hand, in spite of sun and wind or cold, and I find no ill effect from so doing, but rather the reverse. Night-caps are very injurious, as they cover the head for seven or eight hours, and weaken the hair if any be left. Heavy coverings on babies' heads tend to induce water on the brain by drawing too much blood to the head.

The lesson I want my readers to draw from these facts is to wear their hats as little as possible, and also to have them light and well ventilated. Those who are afraid to go hatless from fear of sunstroke, are assured that if they will but live correctly they need not fear.

The question of washing the head frequently arises ; many want to know how often they must do so and what they should use. I do not believe much in soap, if often used to the hair, it tends to bleach it, weaken it, and more or less irritate the scalp, besides removing the natural grease, which can never be properly replaced by artificial compounds. Those persons who have a daily bath or a swim may wet the head but not soap it. Those who take a weekly bath may rub the head well, but not use soap. If soap is used once a month it is quite enough. Children may have their heads wetted or sponged daily, but not soaped oftener than once in 10 or 14 days. As for using a brush and comb, I think a comb is the best to use ; comb the hair well back, and do not part it. A brush is often injurious, and drags out many of the hairs. Oils, pomatums, and such applications are often hurtful ; the skin of the head secretes a natural oil which will grease the hair if not removed by soap. As for dyeing grey hairs, I think it better to leave them alone ; if people will live properly they have little to fear from premature greyness. But if this does come on, it should be borne, rather than the chance run of poisoning by injurious lead lotions, of which most of the dyes consist. The hair may be cut according to the individual taste, but cutting it short does not strengthen it as many people think. If the hair comes out and grows again, as it often does after fevers, or in any low state of the system, then it is wise to cut it short, so that the old and new hairs may all grow of one length. The causes of baldness are wrong living, improper foods, too many meals, intoxicating drinks, as beer, wines, and spirits ; tobacco, strong tea and coffee, late hours, bad air, vicious sensual habits, or anything that lowers the tone of the system. Baldness sometimes occurs in patches, the hair comes off one spot, and after a time may grow again, and another patch comes off elsewhere. This is said to be a complaint of nervous origin ; its cause, as far as I can find out, is due to improper diet, unhygienic living, and wrong habits. Rectified spirit of petroleum is said to be one of the best remedies for these bald spots and for baldness generally. It should be scented with oil of bergamot, and rubbed in every third night ; at the same time bad habits must be corrected, and as little head-covering as possible should be worn.



## SLEEP AND SLEEPLESSNESS.

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Sleep is that state of unconsciousness which should occur with regular periodicity once in every twenty-four hours. In mankind the time for sleep is when darkness comes on ; but some animals choose the day for slumber. All living things must rest ; our heart, our lungs, all our organs however active must have a period of quietude. The heart gets a little rest between each beat, and the lungs between each breath. At night or during sleep the whole body lives at a slower rate ; most of the organs are absolutely at rest, and the remainder are working at less speed. Bats sleep all winter through ; they go into winter quarters plump and fat, and come out thin, hungry, and active ; but the whole winter they are in a torpid condition, and simply existing. The amount of sleep required by mankind varies at different periods ; soon after birth the babe does nothing but suck and sleep, and it is only as it grows older that it becomes more wakeful ; children to the age of four and five will often take a mid-day nap, and be better in consequence ; for adults, the amount of absolute sleep required is about six hours, but as we do not always fall asleep when we first turn into bed, it is wise to allow ourselves about eight hours. I have known many try to do with only four hours' rest, but sooner or later they come to grief. If one goes to bed late, he must get up late. Those who work hard with their bodies require less sleep than those who work hard with their brains. Old people as a rule do with very little sleep ; some of them seem to be in a chronic state of wakefulness and early rising, much to the consternation of younger folks. Sleep has been accounted for in many ways ; my own opinion is that it is caused by an excess of waste material in the system, and it is during sleep or cessation of action that the system is enabled to get rid of this and so start off again fresh and full of energy. What bears me out is the fact that hard exercise induces sleep, whilst deficiency of hard work means wakefulness. Over-feeding by flooding the system with waste also causes heavy sleep. Sleep

would thus seem to be caused by a mild poisoning of the system, and during the enforced unconsciousness the poison is got rid of. Mere unconsciousness is produced by many drugs, and its duration lasts according to the time the drug is in the system. Thus nitrous oxide or laughing gas produces a state of coma or unconsciousness in a minute, and the effect wears off in a minute; chloroform takes longer to make one unconscious, and this state lasts longer, and so with other narcotic poisons. Sleep has many pretty names given it, as "Nature's sweet restorer, balmy sleep." It has also been called "Death's twin sister." Natural sleep is always light, and the sleeper should be easily awakened; heavy lethargic sleep is a sign only of disease. On the approach of sleep our organs one by one sleep well, we neither see, nor hear, nor taste, nor smell. The sense of touch is the last to be lost, and you can always awaken a sleeper sooner by shaking him, than by shouting at him. The organs may be trained to be always a little alert; thus I was at one time always awakened by the pattering of rain, and by the slight vibration of the night bell. Familiar sounds cause sleep, as the swish of waves against the ship's sides to a sailor.

SLEEPLESSNESS.—This is that condition in which the usual amount of sleep is not obtained, the state is indeed a disease. Like every other disease it has its causes, and if these are removed, then natural sleep returns. The chief causes are the use of nervine irritants, such as tea, coffee, tobacco, and alcoholic drinks. Tea and coffee are well known to cause wakefulness, and tobacco causes this state also, though many are unaware of it. Beer, wine, and spirits cause wakefulness, yet many take a drink of spirits and water at night to make them sleep. The unconsciousness they induce is not sleep any more than is the unconsciousness produced by a blow on the head. The unconsciousness obtained by their use is like that caused by narcotics; persons awake from it after a time, cannot get real sleep afterwards, and so are tired and unrefreshed in the morning. Another great cause of sleeplessness is want of exercise. The man who leads a sedentary life never sleeps so well as the hard-working man. Suppers are another cause of restlessness and wakefulness, as the system is kept active in digesting and absorbing food instead of

throwing out waste. Many will tell you positively that they cannot sleep if they have no supper, but a little patience and self-denial will soon prove otherwise. Excitement of any sort at night is also injurious, and tends to keep one awake. Thus, let a person receive a note by the last post to say that a fortune has been left him, or that some other piece of good luck has befallen him, and he will sleep but very little. In the same way much study at night causes wakefulness, as it sends too much blood to the brain, and stimulates it when it should be at rest. Novels of an exciting kind will cause wakefulness if read near bedtime. The condition of the blood leading to cold feet will irritate certain brain cells; and tend to wakefulness, and is easily cured by wearing warm socks whilst in bed.

CURE.—Avoid tea and coffee in the evening; use no intoxicants or tobacco. Tire the body daily by active exercise; avoid food for at least three hours before going to bed. Do not study late at night, and avoid reading exciting tales or romances at such times. If possible, have a good walk just before going to bed, and a quiet read before turning in. A rubdown with a wet towel is also a good sleep inducer. Count and multiply figures until you tire the brain and sleep comes on. If you cannot sleep, do not get up and read; better toss and turn than excite your brain. Beware of narcotics, as they induce unconsciousness, which is not sleep, and often destroy real sleep. If sleep will not come of its own accord, then do not try and force it, or evil will result. An afternoon nap will often make one wakeful at night; if so, avoid such a practice. Laudanum, chloral, chloroform, and other narcotic poisons should never be indulged in, as they beget a liking for the habit; an overdose may easily be taken, and death result. The unconsciousness they cause is not sleep, and there is no refreshed feeling after them as after natural sleep. A person will sleep better with his bedroom window open an inch or so, than with it shut. Feather beds cause wakefulness to some, as do heavy bed-clothes to others.



## TO THE LEAN.

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People do not like to be thin and lean, as it is supposed to indicate starvation or a limited supply of food ; but thinness is nearer the natural condition than stoutness. In a state of nature we rarely find animals fat, except during the rutting season, or in winter as a preparation for cold weather. The thin animals, if not starved, are able to get about much better than the stout ones, and so escape more readily from their enemies.

Amongst mankind we find there are degrees of thinness and of stoutness ; as long as a full-grown man does not fall below a pound and half in weight to the inch in height he is not in danger of death from starvation. The spare man is thought not to look so well in the face and in the figure as does the stout man, but if his thinness is the result of much exercise and of spare diet, then other things being equal, he is much the better man, can bear privations better, and is the clearer minded.

CAUSES.—The causes of thinness may be constitutional or acquired. The constitutional causes exist where thinness runs in the family, and no amount of food will make them put on flesh. This leanness may continue until a certain age, say about forty to forty-five, and then they develop stomachs and much fat. Acquired leanness may result from insufficient food, from food of an innutritious kind, or from debility of the digestive, or other chief organs. Starvation leanness is brought about by living on the smallest possible quantity of food, *i.e.*, about 12 or 16 ounces of water-dry food a day ; this diet will give great mental clearness, but poor physical powers, and not much vitality. Thinness may result from the food containing insufficient nourishment : thus, if a person had to limit himself to a diet of meat only, and not eat above two pounds a day, he would lose flesh and become as thin as it were possible, because two pounds of flesh contain

below the average amount of food required for perfect nutrition. On the other hand, if a person tried to live on fruit alone he would become very thin and lose his excess of flesh, yet if he got plenty of fruit he would not die, nor would he if he got sufficient flesh, but the fruit eater would have better health than the flesh feeder. A person may eat largely of food and yet keep miserably thin ; the reason of this is that the digestive organs are over-taxed ; they cannot digest the food taken, and as the expression goes, "the food does them no good." Or a person may have chronic diarrhœa, and the food is hurried through the bowels before the absorbents can take up the nourishment from it, or the digestive organs may be debilitated, and weak and unable to digest much food. Lastly, tobacco and other injurious substances and drugs may cause a wasting of the tissues and so thinness may result.

RESULTS.—Thinness caused by disease is harmful, as the body is not sufficiently nourished and cannot withstand much cold, much exposure to the weather, nor hurtful influences. The very thin are soon cold ; they dread the winter, as it gives them such cold fingers and toes, and they often cannot sleep at night through cold feet. Cold weather affects them more than anything else. They are not subject to many diseases, as their systems do not contain enough waste for disease to thrive on. If a person is kept thin by diarrhœa, he may dream night after night of sitting down to grand feasts and banquets, but wakes up hungry and disappointed. The majority of the chronic diseases cause a thin condition of the body, and in lingering cases great thinness is noticed before death.

CURE.—If the thinness be constitutional, you can do nothing for such persons. You might as well try and fatten a greyhound as them. But if the leanness is from insufficient or improper food, then a change in this will cause an increase in weight. The fattening foods are the carbonaceous ones, as rice, sago, tapioca, macaroni, barley, hominy, potatoes, &c. Also, peas, beans, and lentils ; to these may be added milk, eggs, and cheese. Sugary and oily foods are also useful. The sugary foods are artificial sugars and dried fruits ; the oily foods are the various vegetable and animal oils and fats. All these things should be taken moderately and regularly by persons wishing to gain weight. Exercise may also be

less indulged in, but a certain amount must be taken daily or ill-health results. The Strasburg geese are frequently fed, kept warm, and not allowed to exercise; the result is they put on flesh rapidly, and if they were not killed they would die from fatty livers. I give this example that my readers may not hasten to fatten themselves up, and so make themselves ill. If the want of flesh is due to chronic diarrhœa or stomach troubles, then the diet should be regulated, less food eaten and the diarrhœa will be checked. I have known some few persons get stouter as they lessened the amount of food eaten, and thin again as they ate more. Hot fluids or much fluids often help to cause leanness, so avoid them. Lastly, drugs, tobacco, and mineral poisons often cause thinness, avoid these things. Thinness left by acute disease is soon cured, as proper diet allows the system quietly to regain its lost flesh. In conclusion, I ask my thin readers not to get too stout, but just stout enough, *i.e.*, about 2lbs. to each inch of height in the adult person.

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## O B E S I T Y.

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Obesity, corpulence, stoutness, fatness, *embonpoint*, and full bodiedness are the names usually given to that state of the body in which there is superfluous bulk. This flesh is not muscle, and is not a sign of health, but simply so much fat or waste matter. I consider that if we allow to adults two pounds to the inch in height, we give a fair average, that is a person of 5ft. 6in. in height, is not stout if not above 9st. 6lbs. in weight. This is a rough rule and holds good from eighteen years of age to about sixty years. Thus, obesity may be said to be that condition in which the weight averages more than two pounds to every inch. Obesity is a disease, and like every other disease, injures the system.

CAUSES.—The causes are many, but they may be summed up in one sentence, viz., the taking more food than the system can use. The amount will vary; thus a cripple and a hard-working man should not eat the same amount of food; nor should a clerk, or one leading an in-door life, eat as much as one doing hard physical work. The great cause of obesity is over-feeding; next to this comes want of exercise; thirdly, the retention of waste matter in the system. Over-feeding being the chief cause, we will consider it first. Many people are of opinion that the more food men or women eat the better they must be. This is a delusion; every person requires a certain amount of food for the wear and tear of the body and the proper performance of the bodily functions, and more than is required for this is harmful. It does harm because force is used up in absorbing the excess of food, and again in getting rid of it. Every person must find out the exact amount necessary for himself; if he eats only three meals a day of plain food, stops at the first feeling of satisfaction, and does not force himself to eat when not hungry, he cannot go far wrong. If he still finds that he is increasing in weight above the average I have given, then he should cut down the quantity.

The nature of the food, also, may cause obesity. Thus: all the starchy, sugary, oily, and fatty foods cause stoutness. The starchy foods are potatoes, rice, sago, tapioca, macaroni, hominy, cornflour, &c. The sugary foods are the dried fruits, carrots, and artificial sugars. The oily and fatty foods are cream, butter, cheese, some fishes, fat fowls, and fat meats. The vegetable fat foods are olives and nuts.

When food is not burnt up by exercise, fatness results. Exercise burns up excess of food by consuming it in the form of work; exercise also carries more oxygen into the system, and this burns up waste. Men who are active and busy with their bodies rarely get stout; thus one rarely ever sees a fat soldier, sailor, or anyone daily engaged in active duty. But porters, policemen, watchmen, and others who lead a life of not too active a nature, soon put on flesh. Persons who lead a sedentary life are stouter than those who do not. With sedentary habits and plenty of food stoutness comes on sooner than if we lead sedentary lives and have but scanty food, or active lives and plenty of food.

The last cause of obesity is the result of waste matter being left in the body. Alcohol in the form of beer, wines, or spirits causes retention of waste in the system, and so gives rise to obesity. Alcohol prevents the blood from freely carrying oxygen into the system, waste of all sorts is retained, and obesity results. This is the worst kind of stoutness, common amongst brewers' men, and drinkers of all sorts; it is bloatedness and diseasedness. Tobacco is another cause of stoutness, as it slows the heart's action, the blood does not get sufficiently purified, and the waste left in the system causes an increase in weight. Inefficiency of the excretory organs is another cause, for when the excreting organs are in poor condition, or in a state of disease, stoutness results as a consequence; but whatever the cause of it, obesity is always a sign of disease. Stoutness often comes on in women between the ages of 40 and 50, because reproduction is then practically over, and the force expended in this function is used to digest excess of food, and nutriment in the form of fat gets stored up, as there is less waste of it.

RESULTS.—Stoutness causes an increased weight of the body; this makes it more difficult to get about. In races

men handicap horses by making them carry extra weight, but human beings handicap themselves when there is no necessity, consequently they do not win so many of life's prizes as they might, and they certainly do not get the best one of all, viz., health. Stoutness makes locomotion more difficult and so helps to increase itself. The mass of fat also injures other organs, especially the heart, for if an ounce of fat is deposited on that organ it has to be lifted every time the heart beats. We also find stout persons subject to bronchitis, and breathlessness on exertion. They cannot go up hill, up-stairs, or up anywhere without being out of breath. In disease they have not the stamina of thinner persons; they are rarely long-lived, and may die from diabetes, apoplexy, syncope, &c.

**CURE.**—The cure is difficult, as we have to carry it out ourselves. In the first place I must warn my readers against remedies of all sorts, such as strong acids, anti-fat remedies, and such like. The cure is careful diet and regular exercise, with the avoidance of alcoholic stimulants, and bad air. Here I must warn my readers against the Banting cure, and the hot water and meat dietary cures. They are starvation cures of the worst kind. The Banting cure is to eat chiefly of meat, whilst the other is, in addition, to drink freely of warm or hot water. The Banting cure pulls down the weight, and loads the system with waste; whilst the Salisbury cure, as it is called, starves the patient, and ruins the stomach by the quantity of hot water taken. I have seen some very bad cases of stomach disease produced by this meat and hot water cure. I ask my readers to have nothing to do with either. The rational cure is to eat only just what the system daily requires, and to exercise regularly every day. Three meals a day may be allowed. For breakfast, 4 to 6oz. brown bread, a little butter, an egg, or some fruit may be eaten, and for drink a cup of weak Russian tea. Russian tea is made as ordinary tea, with a slice of lemon added; this gives a thirst-quenching liquid without milk or sugar. At dinner 4oz. lean meat, one or two green vegetables, and afterwards stewed fruit and brown bread. Potatoes, carrots, turnips, and milk, or sue., or flour puddings should be avoided. Twice a week a dinner may be made from 8oz. brown bread, 12oz. fruit or salad, and a glass of lemon water. This helps to reduce



stoutness without injuring the system. Tea meal may consist of weak Russian tea, 4 to 6oz., brown bread, salad, green stuff, or stewed fruit, or an egg. This diet will reduce flesh without doing the system the least harm, but actually improves the health. Exercise must also be taken daily; four or five miles a day to begin with, not necessarily all at once, but during the day, and increased until ten or twelve miles can be easily taken. There are also other forms of exercise which can be used, such as horse riding, tricycling, rowing; in fact, any kind of exercise.

Pure air is also of importance; the windows of bed-rooms and living rooms must be open both day and night. The skin must be kept free by weekly washes or by occasional Turkish baths. All ales, wines, or spirits must be avoided. More sleep than is necessary, must not be allowed, and if an afternoon nap is indulged in, it must be given up. These are the rules that must be carried out if obese persons want to become like ordinary citizens, and not to live like animated flour barrels.

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## HYPOCHONDRIA.

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This is a peculiar disease, usually affecting the delicate, or those who have insufficient work or mental stimulus. It is a condition of the system in which all kinds of symptoms, natural or abnormal, are carefully noted and worried over. A better term for this complaint would be "hypersensitive-ness," that is, the brooding over ordinary things or symptoms which a person in health would not notice. They are the most difficult patients that the ordinary doctor has to deal with. The doctor suggests first one remedy and then another, recommends change of air, rest from business, and such like, and then, as he finds no lasting good is done, he recommends them to a physician. The patient, especially if he is fairly well off, goes from physician to physician, pays their fees, takes their prescriptions, and has regularly a change of treatment. No patent medicine, appliance, nor application is left untried. The patient seemingly gets a little good result from every new prescription and fresh mode of treatment, but this is only temporary, and goes off as soon as the excitement of the novelty has passed away. Hypochondriacs are the doctor's horror, as they come to him with a prepared list of all their symptoms; they wander off from the point, and it is only by strict and direct questioning that any consistent story can be extracted from them. They are continually trying baths, diets, and other things, and jumbling causes and results up together, and bring the doctor a tangled web to unravel. The causes of this disease may be hereditary, delicate constitution, or acquired from wrong living. As I have said before, want of sufficient occupation or of natural excitement is a great cause. Thus I find that most of the cases I see are among Government clerks, or those engaged in situations with but short hours, and not overmuch laborious or absorbing work to do. After

these come persons of independent means, who have no need to work or occupy themselves, and who take up no study, hobby, or reform with which to occupy their time. The faces of such persons show an unmistakable look of refinement, delicacy, or effeminacy, and they shrink from doing anything that causes prolonged thought or exertion. Wrong dietetic or hygienic habits play a most important part in the production of this disease. Thus overfeeding and too rich foods are one of the roots of this complaint. As a rule a larger quantity of food than the body requires is eaten, and this brings on an attack of morbidness. These people are sometimes very faddish about what they eat and drink, avoiding almost religiously certain foods and drinks. They try and live according to the best standards they can find, yet everything they eat seems to disagree and bring on their symptoms. Want of exercise is another root of this condition; the sufferers do not get enough, and so have plenty of time to brood over their real or fancied ailments. The signs of the complaint are numerous. Whenever a patient gives you a long list of symptoms, rambles from his subject, and talks on other things that he has noticed, then you know that you have one of these cases to deal with. The commonest symptoms are matters connected with the reproductive organs, and it is on these persons that quacks play their most impudent tricks, and it is from them that they extort most money. You may know the hypochondriac by his miserableness, and he is never happy unless he can unfold a most horrible and terrible list of symptoms. He usually acts as a killjoy to the people amongst whom he goes, whilst his acquaintances and friends shun him if possible on account of the low spirits that accompany him like a shadow.

**CURE.**—The cure of this disease is slow; it must be systematic to be sure, and a firm will must be exercised over the patient. If you can get him to occupy himself in some work, either profitable or otherwise, you may assist the cure. Any work, so long as it is exciting, or that it must be done, banishes the self-consciousness. Then food must not be overlooked; its quantity and quality must be regulated. Meat or animal food must be eaten very sparingly, better still if your patient will consent to abstain from it altogether, and the quantity of food must also be regulated.



Simple food eaten to excess will give rise to the symptoms ; you must try and find out the exact quantity which suits the patient, without causing morbid feelings. When this amount is found out, then your patient must rigidly adhere to it. Much sugar, jam, cream, rich foods, greasy foods, artificial or made dishes are all bad ; plainly cooked food, and not in large portions, is the best. If alcoholic drinks and tobacco are taken, they must be discontinued. Daily, regular, and systematic exercise of any or all kinds is most valuable, and will cure an attack of this disease more rapidly than anything else. Fresh air must not be despised ; continually breathing it aids cure. Bathing, especially the cold bath, is a useful remedy ; daily tepid, or cold bathing and swimming, are good. Drugs of all kinds are usually harmful, and even if harmless, they raise false expectations. Travel, change of scene, or excitement of any kind is good. The means of cure are varied, and the improvement slow, but following the directions given on the above lines gives the most success.

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## ANÆMIA OR BLOODLESSNESS.

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This is a condition of the system in which we have a deficiency of blood, or the blood is wanting in some of the most important constituents.

CAUSES.—These are varied, but may be divided into two classes. In the first, we have loss of blood ; in the second, proper blood is never formed. Anæmia due to loss of blood is seen after accidents, operations, or bleedings, where much blood is lost. Bleeding from the nose, bleeding piles, and excessive menstruation may bring it on if they are the cause of much blood being lost. But if anæmia arises from these causes, recovery is rapid when the bleeding is stopped. The second variety is the most troublesome, and is due to wrong dietetic and hygienic conditions. With regard to food, it may be deficient in quantity, which is the rare, or its quality may be poor, which is the common cause. Thus persons, especially the young, who live on white bread, tea, bacon, potatoes, and meat, may be expected to suffer from this disease. Want of air is another important cause, as is want of light, whilst deficient exercise and no bathing, all allow this condition to come on. But the most important cause is the poor quality of the food eaten. Poisons, as lead, mercury, arsenic, antimony, &c., may cause it, whether taken as medicine or introduced into the system in any other way.

SYMPTOMS.—The appearance of anyone suffering from anæmia is very characteristic. The lips and eyelids are very pale, and face almost waxy-looking, the white of the eyes being a pearly blue. The cheeks may have a ruddy appearance over the cheek bones, and the eyelids be brownish. There may be thinness if due to loss of blood ; if otherwise, the person looks plump. Sufferers from it complain of

being weak, soon tired, have no energy, and the least exertion is too much for them. Going upstairs, or up a hill takes all their breath away, and they have to rest. They are usually languid, and never ready for exertion of any kind: they complain of the cold, their feet are cold at night, and their hands in the day, and if they wash in cold water their fingers become numbed. They are often drowsy and sleepy. Pain is felt over the heart, the breathing is shallow, and food often causes discomfort. As a rule, there is a marked dislike to meat, as it gives rise to pain; there is often acidity and flatulence after meals, and chronic constipation. In females the menstrual functions are nearly always deranged, the menses may cease for months at a time, or they may be scanty; in a few cases they are excessive, or accompanied by pain. This disease is most frequently seen in girls about puberty, and is then called chlorosis or green sickness.

TREATMENT.—The cure as a rule is simple: in the first place all losses of blood must be stopped, such as from piles, nose bleeding, or excessive menstruation. Then proper food must be given and hygienic rules obeyed. Brown bread must always be eaten, and for two reasons: it is a food which remedies the constipation which generally accompanies this disease, and, secondly, the bran of bread contains iron salts which are necessary for the blood. Wholemeal bread is also a perfect food, and contains all that the body requires for nourishment. White bread often means white faces, if it is the chief article of food. Fruits must also be eaten freely, and the skins of apples, pears, plums, grapes, gooseberries, and currants should be eaten with the fruit, as they prevent constipation and contain iron salts. Oatmeal, barley meal, maize meal, macaroni, peas, beans, and lentils are all good foods, and help to dispel this condition. Peas, beans, and lentils may be eaten instead of meat as they do not cause pain, besides which they are rich in iron salts, and flesh-forming material; as they are strong foods they should only be eaten every other day. Greens and vegetables are also good, and may be taken daily. Fresh air must be breathed regularly—the windows should always be open at least two inches night as well as day.

Exercise must be taken regularly; two or more walks a day must be indulged in. A little distance may be walked



at first, more as the strength returns. Light must be let into all the rooms, the blinds should not be down in the bedroom, and when out for exercise the patient must walk in the sun. Sufferers should go to bed early. A daily tepid sponge down, and afterwards a good dry rub, will help the cure. Bad habits must be stopped ; beer, wines, spirits, tobacco, tea, and coffee should not be used. Iron or other drugs are not required. If mercury or other mineral poisons are being in any way introduced into the system, they must be discontinued. If the rules and diet I have given are observed, the cure will be easy and lasting.

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## WANT OF ENERGY.

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This is a very common complaint, and is experienced by most of us at some time or another. Now what does want of energy mean? If we examine it closely we find it means want of life, or of vital power. There are some persons who never have much energy because they have weak constitutions, and so can never muster much vitality. But if we find every-day persons complaining of loss of energy, then we must look for the cause of this. It is to be noticed that there is lack of energy at various times of the day; some have no energy in the morning, are disinclined to rise, feel as tired as when they went to bed, and would like to lie longer. Others, again, have their energy taken away by their breakfast; they feel well and full of power before breakfast, but it all goes afterwards. Some complain after lunch or dinner, and some seem tired all day long. If we will examine these cases in detail we shall soon find the cause; remove this, and the complaint is cured. In nine cases out of ten, morning weariness and tiredness, means supper the night before, or a heavy last meal; to this may be often added beer, wines, spirits, and tobacco in the evening, and impure air during the night. The cure of this condition is simple: avoid suppers or heavy meals within four hours of bed-time, have a good walk after the last meal; do not use stimulants or tobacco in the evening, and sleep with the bedroom window open at least two inches. When breakfast takes the energy away, it shows that this meal has been too heavy. Perhaps fat bacon, fish, meat, or other heavy food has been eaten, or too much watery food taken, or even a big simple breakfast has been consumed. The result is that the vitality or energy one should naturally have, is used up in digesting and getting rid of this meal. The same thing is often felt after so-called lunch, or the mid-day meal. The remedy is lighter food.

One reason why vegetarian restaurants flourish so well in London is because City men and clerks find their brains clearer and their bodies lighter after a non-flesh lunch, than after a lunch of a steak, chop, or meat. It is also noticed that the man who drinks a lemon squash or some non-intoxicating fluid at this meal is not so heavy, lethargic, dull, and drowsy as he who has had his bottle of wine, his glass of stout or ale, or his glass of brandy and water. Dulness and listlessness after dinner are always expected, for have we not the saying "After dinner, rest a while." This shows that we English people eat too heavily, and much of our energy is wasted in getting rid of the food eaten. Did the ordinary Englishman only get a big meal once a month or so, I could forgive him gormandising then, but when men have few opportunities for a starve in this country it is a vast waste of life and happiness to feed grossly. A serpent has a big feed, and then goes to sleep for a week and wakes up very hungry; but our ordinary man feeds heartily every day, and then grumbles because he has no spare life. Certain foods are also heavy of digestion, and so waste energy, such as pork, or pig in any shape, veal, and the flesh of most young animals, as chicken and lamb, also cheese and close foods like Yorkshire puddings, Norfolk and suet dumplings, and boiled flour puddings. Over-feeding and heavy foods are at the root of a great deal of our apathy and listlessness. Bad air allows waste to remain in the system; this waste acts very injuriously upon us, and makes us feel tired; want of exercise acts in the same way. Beer, wines and spirits waste life, and cause loss of energy. Tobacco does the same, and allows us to think of nothing, as an Irishman would say.

CURE.—Eat only three light meals a day, avoid meat or fish more than once a day, and avoid heavy foods, such as I before named. Avoid suppers and late meals, have a good walk every night after the last meal. As constipation often causes languidness and listlessness, eat brown bread always, and you will never suffer from these, as it cures constipation. Do not drink any beer, wines, spirits, nor even strong tea nor strong coffee, and avoid tobacco. Breathe pure air always, night as well as day, and take at least two hours' fair exercise daily, and then it will be morning with us all the day long.



## D I A R R H Œ A .

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This word comes from the Greek and signifies "a running through." Diarrhœa thus means excessive action of the bowels. A person in health will usually go to the closet once a day, some few go twice a day. If the bowels move three, four, or more times a day, then such frequency of action is wrong, and must be corrected by proper diet. The motions usually passed are fairly firm, and should retain the shape of the bowel. When the motions are soft and like porridge, they are not in a right state, but show a tendency to diarrhœa.

CAUSES.—Anything that irritates the lining of the bowels will cause this complaint. A common way of causing this condition is the taking of drugs such as pills, aloes, senna, salts, castor oil, &c. The purging these things cause is true diarrhœa. Another cause of diarrhœa is any article of food that irritates the bowels, or even too much food of itself will sometimes lead to this complaint. In hot weather, fish, flesh, fowl, shell fish, cheese, and eggs, may do so, as they soon decompose at such seasons; poisonous products are formed which irritate the bowels, and so start this disease. Where there is an irritable condition of the bowels almost any food will cause it.

SYMPTOMS.—There is a frequent desire to go to the closet. The first stool may be healthy, but after that the motions become very fluid, hot, and foul smelling. More or less griping pains are felt in the lower part of the belly, which are often relieved by evacuation. With these free motions more or less weakness is felt, there is a sinking sensation in the stomach, and dizziness in the head. If the attack is a mild one, it lasts two or three days, makes the person feel weak, but recovery is rapid. If the attack is more severe, it prostrates the patient, takes away his energy and strength, and puts him on the sick list more or less for a week. When chronic diarrhœa comes, then it may greatly reduce the strength and unfit the person for the ordinary duties of life.

## *Diarrhœa.*

When blood passes with the motions it is called dysentery or bloody flux, and becomes then a very weakening disease indeed. Diarrhœa or purging is a symptom only of disease; in its simplest form it shows that some drug or food has irritated the bowel, and is being got rid of. If it persists, then it shows a mild inflammatory condition of the lining membrane of the bowel; whilst if chronic, it may show some ulceration in the lower bowel. In typhoid fever we have persistent diarrhœa with what are called rice water stools. Cholera owes its fatality to acute diarrhœa or purging, which carries off the fluids of the body, and so the processes which constitute life cannot go on, and death occurs. In cholera a large quantity of fluid is passed, which fluid comes from the blood and tissues. True cholera is now rare in England—improved sanitation has banished it. But choleraic diarrhœa is not uncommon. Here we find great purgation, sunken features, great loss of strength, cramps in feet, legs, stomach, hands, &c., and more or less of a leaden countenance.

**CURE.**—The rational cure of diarrhœa is to let it run itself out, and not make it worse by foods and drinks. Abstinence from food for twelve hours will usually cure the simple cases. As there is thirst, this may be appeased by sucking small pieces of ice or taking small sips of water. Babies may be given half their quantity of milk, whilst children should be put only on milk and water until it stops. Adults should take nothing but a little cold milk and barley water, every three or four hours, until the purging ceases, and then they may gradually resume their ordinary diet. All foods must be taken cold during diarrhœa. In the chronic form the person should live on a tumbler of cold milk and barley water and rest in bed until it stops. Choleraic diarrhœa demands the same treatment as ordinary diarrhœa. Another important part of the cure is rest on a couch or in bed until the attack passes off. For the griping pains I can only advise fortitude; poultices, bran bags, &c., are usually recommended—they give the friends something to do, and make the patient think something is being done for him, but I could never be sure they did any good. Brandy, opium, and other drugs are best avoided, as they may do much harm, and retard recovery by setting up other diseased states of the system.

## CHRONIC ULCERS ON THE LEGS.

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By an ulcer I mean a sore place or open sore. Such a sore may arise from a variety of causes ; it may be started by knocking the skin off, by a cut, a burn, or a scald, or an injury of any kind. It may also arise from systemic disease, as from eczema or psoriasis of the legs. Ulcers are seen at all ages ; in the child they are chiefly scrofulous, in the adult they are due to wrong dietetic and hygienic conditions. I shall confine myself mainly to those seen in the adult.

CAUSES.—Ulcers are caused directly by something which destroys the surface of the skin, healing does not take place, and a sore is left. They are caused indirectly by wrong food and unhygienic conditions. Rich, greasy, heavy, and fatty foods of all kinds, with much meat, are great producers of that condition of the system which allows them to readily develop. Alcoholic drinks of all kinds, such as beer, wines, and spirits, also bring on this state of the system. Smoking and other bad practices also put the system into such a condition as favours their growth. Wrong living lowers the vitality of the cells of which the body is composed. If a cut be received when the system is in such a condition, then it heals slowly ; and if it be on the leg, then from its position it has a tendency to become a chronic ulcer. Drugs also cause this state of the system. Some ulcers are said to be syphilitic when they are nothing of the kind ; the true name is mercurial ulcer. It is not the syphilis which caused them, but the mercury often given for this complaint. Ulcers of the legs are very common in all large manufacturing districts where money is plentiful, and where it is spent on eating and drinking ; they are also seen in persons who, as it is falsely called, live well and become stout.



**SYMPTOMS.**—There is an open sore on the leg, varying in size from a split pea to half the surface of the leg. It may be very shallow, and the base of it covered with mattery exudation. Or it may be sharply cut, and look very clean and red. In the larger sores the muscles of the leg are often exposed. A most offensive odour is often given out which is a great source of discomfort to all around them. They pain chiefly when the leg is hanging down, but may be fairly easy if the leg is supported on a chair; they are always stiff in the morning. At all times they jump, start, and itch, and frequently keep the patient awake; the cold weather makes them worse, and a frosty night may mean a sleepless one to the person having such a leg. In some cases the ulcer is surrounded with only a very little redness, whilst in others for inches round the skin is purple, irritable, tender, and covered with a thin scab. There may be only one large ulcer on a leg, or a number of small ones. The length of time these sores remain depends on the condition of the patient, and his mode of living; as a rule they last for years, as those who have them live wrongly and so keep them open. To heal them artificially is wrong and may cause other diseases and sudden death.

**TREATMENT.**—The chief aim must be to get the blood into a proper condition, and then these sores heal of themselves. All bad habits must be given up, and the person must become an abstainer. Those who use tobacco, must stop doing so, be it in the form of the pipe, quid, or snuff. Tea and coffee are also better avoided. The use of much flesh meat is bad; for a quick cure the vegetarian diet is the best. Fruit, salads, green stuff, and green vegetables can scarcely be eaten too freely. Ripe raw fruit at breakfast, two vegetables at dinner, with salads or ripe raw fruit at tea time, will do more to help the cure than anything else. The use of lemon water or lime juice as a drink is beneficial. The laws of health must be obeyed. Gentle exercise must be taken daily on level ground. The windows must be kept open night and day, and the rooms must never be allowed to smell close or stuffy. The skin should be kept open by a weekly warm bath; better still, a daily tepid sponge bath. No drugs nor medicines should be used; so-called “blood purifiers” are the very opposite,

and often make these ulcers worse. When at rest, put the leg or legs on a chair; this eases pain, and favours healing. Bathe the sores themselves with hot water. Apply a larded cloth next the sore, and over this put dry soft rags. Change these night and morning. Carbolic acid, and poisonous washes do more harm than good. Time, with vegetarian diet, and observance of these rules, will cure the most obstinate cases.

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## TUMOURS

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The word "tumour" really means a swelling, and is used in this sense by the doctor. In the popular mind a tumour means a growth of some sort or other, and I shall treat of tumours as being growths that require attention. Tumours may be harmless, or they may be malignant or deadly. I look upon tumours as evidence, as a rule, of a particular disordered condition of the system which permits of the formation of these growths. I do not regard them as being the cause of disease, but rather as evidence of wrong dietetic and hygienic conditions. Thus, for example, when I see a cancer I do not say that cancer will cause death, or that it is the cause of the weakness which is seen when this disease is present. What I do say is that the wrong conditions which allowed the cancer to form generally account for the accompanying weak and low condition of the body. On this distinction I base my mode of treating them. Therefore, as a rule, instead of advocating the use of the knife, I ask my patients to adopt dietetic and hygienic rules, and so give them the best means or chance of recovery, as a healthy system will usually check the growth of both the harmless and the malignant tumours.

CAUSES.—The causes why tumours form are many and varied. They may be parasitic or acquired. As an example of a parasitic tumour, I may mention cysts in the brain or liver, which are caused by an immature tapeworm finding a resting place therein. Acquired tumours are the commonest, and are generally caused by wrong dietetic habits and unhygienic living, or a constitutional tendency may exist, for we find cancers developing at an early age, because the person's parents suffered from this disease. In my article on "The Pig as Food," I pointed out that cancer



had greatly lessened in the ranks of the Shakers after they gave up eating pork. I know also from personal observation that vegetarians suffer less from tumours than do meat-eaters. Food thus plays an important part in the cause of these diseases. Improper foods, much meat foods, or foods rich in waste, are all powerful in setting up these growths. I regard meat as being the most potent agent, then various animal products, such as butter, cheese, cream, and eggs, also all artificial foods, as jams, sweets, and manufactured abominations of all kinds. These things flood the system with waste, which it cannot use, and so it is often thrown out in the form of tumours, or a low condition of the system, it may be, is set up, and cancerous masses grow. Alcoholic drinks of all kinds, as beer, wines, and spirits, also help on these things, as they lower the vitality of the system, and increase waste. Impure or hard water is another cause, for we find hard water districts more subject to certain abnormal growths than districts where the water is softer. Bad air, insufficient exercise, and disregard of personal cleanliness are also agents in helping on the growth of tumours, as by neglect of hygienic rules, waste is retained in the body, and gives rise to these enlargements. Anything that will clear the system of waste will prevent their forming. Thus it has been noticed that after an epidemic of small-pox, there were less deaths than usual from cancer for the next few years. Women often bring on tumours of the breast and womb by having children and not suckling them. The breast tissues then, for some reason or other, often take on cancerous action.

**SYMPTOMS.**—These vary according to the kind of tumour we have to deal with. There may be no symptoms, or only those produced by mechanical action, or there may be darting and throbbing pain in the tumour, or pain at changes of the weather.

**TREATMENT.**—The treatment must aim at improving the general health. Bad habits must be abandoned; the use of tobacco must be given up; beer, wines, and spirits be taken no more, and, if possible, the drinking-water must be soft. Where water is hard, it will pay to get spouts put up, and the rain water caught, filtered, and used for drinking and cooking purposes. The food must be always simple, with a free use of fresh ripe fruits, and fresh vegetables and green

stuff. Manufactured articles of all kinds are best left alone. Pure air should be breathed by night as well as by day. Every day must have time allotted for regular exercise. The skin pores must be kept open by daily or weekly baths, as by this means the system gets rid of much waste material. Plaisters and caustics are best avoided. At some future time I may take up the different kinds of tumours and devote an article to each one of them.

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## APPENDIX.

### GENERAL DIRECTIONS IN HEALTH AND DISEASE.

**DIETETIC.**—Have only three meals a day, about five hours apart; eat the food slowly, chew it well, and stop at the first feeling of satisfaction. Eat brown bread always, and not white. Do not drink more than one cup of fluid at a meal, and that lukewarm and not sweet. Cocoa is much to be preferred to tea or coffee, as it is less injurious to the system. The meals should be eaten deliberately, time allowed for them, and a little rest taken after them, if possible. Avoid fried, greasy foods, and such foods as suet, Norfolk and Yorkshire puddings.

*No. 1.—Ordinary Diet.*—Breakfast: 6 to 8 oz. brown bread and butter, cup of cocoa; or wheatmeal, oatmeal, hominy, or barley porridge eaten with brown bread and stewed fruit. Dinner: about four ounces lean beef or mutton, or of poultry, rabbit, or fish; two vegetables always; afterwards a little milk pudding, stewed fruit, or fruit pie. Tea: 6 to 8 oz. brown bread and butter, boiled Spanish onions, boiled or raw celery, or other green stuff, or stewed fruit or milk pudding. Weak tea or cocoa to drink. No suppers, nor any food for at least three hours before going to bed, but a cup of cocoa may be taken if thirsty or faint. This diet is for ordinary people, who take the world as they find it, want to keep in fair health, and yet not to be deemed peculiar.

*No. 2.—V. E. M. Diet.*—Breakfast as No. 1. Dinner: thick vegetable soup eaten with brown bread, followed by a milk pudding and stewed fruit. Or a vegetarian pie, or the stew in No. 3 diet. Or simply two vegetables, brown bread, and some vegetable sauce. As a second course, milk pudding and stewed fruit. Those who do not eat flesh, should sometimes eat peas, beans, or lentils. Tea same as No. 1. This diet is for vegetarians, for those who desire to get better health than the ordinary people, and for the delicate. It is especially useful in heart, liver, kidney, and chronic stomach complaints, in syphilis, and in gout and rheumatism. For the hypochondriacal it is the best diet I know.

*No. 3.—Macaroni Diet.*—For breakfast and tea about 4 ounces brown bread cut into dice, pour boiling milk over this, allow to cool, and then eat. Dinner: 2 to 4 ounces macaroni cooked and made into a pudding; eat with stewed prunes or other fruit.



## Appendix A.

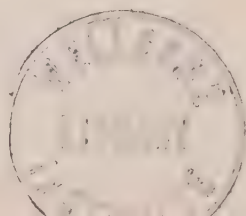
Next day have a stew made of seasonable vegetables, with rice, vermicelli, or pearl barley; boil thoroughly, mash them well, and flavour with a little salt and pepper; eat with brown bread. Finish up with stewed fruit and bread. This diet is useful in all chronic cases, and if kept to for some time clears the body of waste, and purifies the system.

*No. 4.—Milk Diet.*—Milk and barley bran or rice water in equal parts; a teacupful may be taken cold every four hours. This diet is a quick cure for violent sickness or diarrhœa.

*No. 5.—Fever Diet.*—Milk and water, gruel, porridge, vegetable soup, milk puddings, toast water, whey, lemonade, bread and milk, fruit fresh and stewed, preserve water, &c. These are the foods that should be given in erysipelas, measles, scarlet fever, small-pox, typhoid, or other fevers, and in acute attacks of sickness of all kinds.

**HYGIENIC.**—As much fresh air as possible must be always breathed. The sitting, workroom, and bedroom windows should be open at least two inches in all weathers by day and by night in winter, and wide open in summer. The observance of this will prevent coughs, colds, sore throats, and chest complaints. Exercise: three hours a day is necessary for health; those who work hard at an out-door occupation require no other, but sedentary persons should take two hours a day of some form of exercise; if they walk, then eight miles a day is about the required amount. Bathing: a tepid or cold sponge down daily, and a fortnightly warm bath is good, or a weekly warm bath and a daily dry rub with a rough towel if the other cannot be carried out. A Turkish bath once a month is a good thing for some to have under advice. These rules should be adopted by all, as far as possible, and good health must result.

**N.B.**—Alcoholic drinks, as beer, wines, spirits, and liqueurs, are only mentioned to be condemned. Tobacco must never be used by those who wish to be well. All drugs and medicines, patent or otherwise, must be avoided.



## THREE PAMPHLETS TO YOUNG MEN.

You cannot take up a newspaper without finding in its columns an advertisement-head like one of these: "A WORD WITH YOU," "TO YOU, SIR," "A WARNING WORD," "TO ALL WHO SUFFER," "NERVOUS EXHAUSTION," or "A BOON TO WEAK MEN." Even as you go along the street, pamphlets are thrust into your hands with some such heading. Early decay, wasting, weakness, pains in the back, want of energy, specks before the sight, disinclination for work, flushing, blushing, desire to be alone, want of confidence, &c., are put down as signs of serious complaints, and you are led to believe that if you suffer from any of these symptoms you are suffering from the results of YOUTHFUL ERRORS. The authors of the pamphlets also inform you that they have given a lifelong study to these complaints, and no matter how bad you are they will set you right if you will undergo a course of their treatment. They ask a guinea for a month's treatment. Their pamphlets are meant to frighten the young and inexperienced. If you put yourself under their care you have some useless medicine sent you that you are told to take three times a day. Then they try to get you to use some so-called "strengthening lotion" at 4s. 6d. a bottle. If you buy this, then they will ask you to have a so-called "Electric Appliance" which can be worn "free from observation," and they tell you that it sends a current specially to the affected parts and braces them up. If you are timid these men will fleece you monthly for a guinea so long as you can pay it. When you once begin dealing with those gentry you never know when you are done with them. If you stop paying to one you get a circular from another recommending his "Never Fail Treatment." These men often trade under different names and from different addresses. If you write to some they send you a case of medicine, and soon afterwards a bill, even if you did not order the stuff, and threaten legal proceedings if you do not pay at once. My advice is, REFUSE TO PAY, they have no legal right to demand a penny. Most of these men lead you to believe they are benefactors to humanity. Some tell you how bad they were until they got this remedy, and now their life is spent in making it known and filling their pockets. Others send you a prescription which cannot be made up by any herbalist or chemist, and you send them a guinea for the herbs, &c., and get in return a few worthless things which would not cost more than sixpence retail. Others pose as clergymen, and tell you how they were restored to health by some herbs used by the monks in a far-off country. All these are swindles.

To instruct young men a little about themselves, tell them what is useful and what is not so, I wrote some pamphlets a few years ago. They have had a large sale and been the means of doing much good. Every male over fifteen years of age should read them; they supply information it is impossible to get elsewhere. A parent cannot do better than send for them, read them, and then pass them on to his sons. They treat on Self-Abuse, Onanism, Self-Pollution, or whatever name you like to call Self-Gratification, of Nocturnal Losses, Wet Dreams or Emissions, and of Varicocoele. They are sent in an envelope, post free, for 1s. 1d. Send direct for them to

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## A BOOK ON STOMACH DISEASES.

Diseases of the stomach and digestive organs are so very common I have thought it useful to put in book form my knowledge on these troubles. Nearly all our digestive disorders arise from wrong foods, improper drinks, &c., and their only cure consists in correct living and avoidance of wrong things. The first six chapters treat of the digestion of food in the mouth, stomach, and intestines; explains how it takes place, and give a table of the time taken by various foods to digest. Two articles deal with the appetite; show what is the cause of loss of appetite, and how to cure oneself of a great craving for food. The next five chapters are about belchings, risings, waterbrash, acidity of the stomach, and wind in the stomach, and tell how to cure these troubles. One article deals with vomiting, and gives its cause and cure. The complaint of spasms of the stomach has a chapter all to itself. Acute catarrh of the stomach in babies, children, adults, occupies considerable space; this complaint is commonly called Acute Dyspepsia. Chronic Gastric Catarrh, commonly called Indigestion, is dealt with in a long article, for it is a very prevalent disorder of the stomach. Wasting of the stomach, and contraction of the stomach, occupy two chapters. Two articles deal with dilatation of the stomach, a troublesome but not incurable complaint. Neuralgia and sensitive stomach are dealt with in two articles. Lastly, cancer of the stomach is written about; it is one of the most prevalent forms of cancer, and all but incurable. This book should be read by all, more especially by sufferers. It gives the cause, symptoms, and cure of most stomach diseases. It is sent post free for 1s. 2d. by the author.

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The booklet on WHOLEMEAL BREAD is very useful. If the English people were to eat only wholemeal bread and no white, then half the doctors, chemists, patent medicine makers, and publicans would have to close their doors. Wholemeal bread is a sure cure for constipation and its attendant evils. For nursing mothers, growing children, brainy men, and old folks it is an absolute necessity. These booklets are sent post free for 4d. from the address below.

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**STIMULANTS or INTOXICANTS.**—These are malt liquors as beer, ale, porter, stout ; wines as claret, port, sherry, Burgundy, hock, moselle, champagne, madeira, etc. ; spirits as brandy, rum, gin, whisky ; liqueurs as curacao, benedictine, chartreuse, kirsch wasser, absinthe, bitters, etc. None are necessary for health, strength, warmth, happiness, or long life. Their use is always followed by disease and shortened life. They cause stomach troubles, liver congestions and hardening, disease of the kidneys, gout, rheumatism, heart disease, skin troubles, brain disorders, and help to cause stone in the kidney or bladder, gall stones, aneurism, and apoplexy. Their use helps to fill our jails, workhouses, and asylums. Avoid them all if you wish to live long and healthfully, and keep out of the prison and asylum.

**TEA AND COFFEE.**—These drinks are harmful. They cause indigestion, wind in the stomach, gurgling noise in the bowels, palpitation, nervousness, sleeplessness, tremblings, low spirits, depression, miserable feelings, forebodings, and a big list of nervous symptoms possibly ending up in locomotor ataxia or palsy. They cause most headaches, especially those known as "sick headaches." They are nerve irritants and are best left alone. Cocoa milk, barley water, gruel, lemon water, herb beer, or even plain water are better for the system than they are.

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- 5.—Number of meals a day, at what time taken, and of what they consist.
- 6.—Amount and kind of fluids drank daily.
- 7.—Quantity of beer, wine, or spirit drank if any.
- 8.—Amount and kind of daily exercise or work.
- 9.—What fresh air you get, and if the bedroom window is kept open at night.
- 10.—How often a bath or wash all over.
- 11.—Sexual habits, and if married or single.
- 12.—Kind and amount of tobacco, if used.
- 13.—Treatment or medical advice hitherto.

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